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MODERN DIETARY TREATMENT

MODERN DIETARY TREATMENT

BY

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FOREWORD TO THE FIRST EDITION

THE rapid advance of the science of nutrition shows clearly that the practical application of its principles is necessary in order to achieve full health in any community, and to treat the diseased members with success. The whole subject of nutrition has been revolutionised in the last fifteen years by the advances which have been made in our knowledge of vitamins and mineral metabolism, and by the great improvements that have been brought about in methods of food analysis.

Miss Widdowson and Miss Abrahams have set out to make this new knowledge available for practitioners, nurses and dietitians in a simple and practical way. The first part of the book is concerned with the general principles of dietetics, and is clear and easily understood. The second part deals with the different diseases in which dietary treatment is necessary, and explains the reasons for the type of food employed. The third section gives full details

and examples of diets suitable for patients suffering from these diseases, and is especially valuable because of the variety of dishes provided. For instance, many ulcer cases grow very tired of milk, but the description of the great variety of ways in which milk can be disguised should help to relieve monotony.

Perhaps the chief merit of the book lies in the excellent tables, which are so arranged that the planning of accurate yet varied diets is relatively simple. Information as to the composition of English foods, both raw and cooked, has been placed on an entirely new basis by the analyses which have recently been carried out and published under the auspices of the Medical Research Council, and these new values are incorporated both in the tables and the diets. The book should prove one of the most useful of its scope and size.

G. GRAHAM.

R. D. LAWRENCE.

LONDON,

March, 1937.

PREFACE TO THE SECOND EDITION

THE dietary treatment of disease is continually being changed and improved, and it has been our aim in preparing a revised edition of this book to take account of recent advances in the subject. Thus, diabetic diets for use with protamine zinc insulin have been added, and the dietary management of gastric ulcer and hyperchlorhydria has been brought up-to-date. A diet for jejunostomy is also included, with instructions for its administration. The section dealing with the treatment of Addison's disease by low potassium diets has been amplified, and a low phosphorus diet for hypoparathyroidism is described. Ketogenic diets, on the other hand, have been omitted, since they are now almost obsolete.

The tables of the composition of foods have been greatly extended, by kind permission of His Majesty's Stationery Office. More foods are included, and values are now given for sulphur and for acid base balance. Approximate

viii PREFACE TO THE SECOND EDITION

vitamin values are also given. The composition of a number of cooked dishes, prepared according to standard recipes, is shown, and suggestions are made as to their incorporation in diabetic diets.

MARGERY ABRAHAMS.
ELSIE M. WIDDOWSON.

CAMBRIDGE,
May, 1940.

ACKNOWLEDGMENTS

It would be impossible adequately to express our thanks to all those who have assisted us, either directly or indirectly, in the preparation of this book. We owe most of our inspiration to the long tradition and high standards in the two great hospitals in which we have worked. To Dr. G. Graham of St. Bartholomew's Hospital and Dr. R. A. McCance of The Department of Medicine, Cambridge we owe our special thanks for the valuable advice and criticism which they have given us, enabling us to bring our work into line with modern medical knowledge.

Dr. R. D. Lawrence, Professor L. J. Witts and Dr. C. Newman have also rendered us much assistance, particularly in those fields in which they have specialised, and with their kind permission we are able to publish some of their diets.

The late Dr. W. M. Feldman kindly advised us on the section dealing with Jewish dietary laws. Miss Phyllis Newland has devoted much time

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and care to the checking of diets and recipes, and Mrs. Marion Ettlinger has greatly eased our task by the able way in which she has typed our manuscript.

MARGERY ABRAHAMS.
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CAMBRIDGE,
May, 1940.

CONTENTS

CHAPTER	PAGE
FOREWORD TO THE FIRST EDITION	v
PREFACE TO SECOND EDITION	vii
ACKNOWLEDGMENTS	ix
I. THE PRINCIPLES OF NUTRITION—	
1. THE CONSTITUENTS OF THE NORMAL DIET	I
II. THE PRINCIPLES OF NUTRITION—	
2. FOOD REQUIREMENTS	44
III. HIGH AND LOW CALORIE DIETS	56
IV. INVALID DIETS	63
V. DIET IN DISEASES OF THE ALIMENTARY SYSTEM	73
VI. DIET IN DIABETES	90
VII. DIET IN DISEASES OF THE KIDNEYS, GOUT AND RHEUMATISM	107
VIII. DIET IN DISTURBANCES OF MINERAL METABOLISM	113
IX. DIETS FOR JEWISH PATIENTS	126
X. FOOD TABLES: THEIR PREPARATION AND USE	130

XI. DIETS	.	.	.	.	.	.	142
XII. RECIPES	.	.	.	.	.	.	248
XIII. TABLES	.	.	.	.	.	.	300
BIBLIOGRAPHY	.	.	.	.	.	.	369
INDEX	.	.	.	.	.	.	375

MODERN DIETARY TREATMENT

CHAPTER I

THE PRINCIPLES OF NUTRITION

I

THE CONSTITUENTS OF THE NORMAL DIET

SCIENTIFIC research during recent years has emphasised the importance of correct nutrition in human welfare. Up till a few years ago it was generally assumed that if people had sufficient food to satisfy their appetites they could be considered adequately nourished. Whatever disease or ill-health existed was attributed to heredity or environment, or to some other factor in which nutrition played no part. We now realise that the mere satisfaction of appetite is not enough. Details are of the utmost significance. The absence of substances which add almost nothing to the bulk of the food may make the whole difference between health and disease and even between

life and death. A great deal of ill-health and inefficiency has in the past been due without doubt to faulty nutrition. Improvements in the health of the nation have come about in recent times as a consequence of our improved habits of feeding. As an example of this, reference may be made to rickets. About fifty years ago severe rickets was very prevalent in our large towns, and, as a result, many people suffered from bow-legs, knock-knees and crooked limbs, and were often crippled for life. To-day rickets is a comparatively rare disease. This is partly due to a more open-air life, but much more still to the revolutionary changes in the diet of infants. Rickets was so common fifty years ago because many artificially fed babies were brought up largely on floury substitutes for milk, and on skimmed evaporated milk. To-day such children are usually fed on fresh whole milk, supplemented with cod-liver oil and orange juice. Advances such as this in the health of the community are still too little appreciated by the general public, and scientific knowledge about nutrition needs to be much more widely disseminated.

The most obvious function of food is to supply the new material which is required for growth. A baby should double his birth weight in the

first six months of his life, and treble it in the first year. An adult's weight is about twenty times his birth weight, so that food has much to accomplish. A C₃ diet builds a C₃ child and a C₃ adult. Besides obvious physical ill-health, a great deal of dental disease may be traced to defective diet during childhood. Even in adults who have ceased to grow, the tissues of the body continually undergo slight changes—old cells become worn out and broken down and new ones take their place.

Tissue repair, however, uses up only a very small proportion of what is eaten. The bulk of the food still remains to be accounted for. Most adults eat about 4 lb. of food every day, and yet they do not increase in weight. What happens to all this food? In the first place, about two-thirds of it is nothing more than water. Bread contains about 40 per cent. of water, meat 70 per cent., and most fruits and vegetables nearly 90 per cent. The intake of dry food is therefore about 20 oz. a day. Unless a person is putting on fat, or gaining flesh, the whole of this is burned in the body within twenty-four hours. The energy derived from the combustion of the food is used to keep all the cells of the body alive and active. Some of the energy appears as muscular move-

4 MODERN DIETARY TREATMENT

ment. Every muscular movement, whether voluntary like walking, or involuntary like the beating of the heart, uses up energy, and this energy is obtained by the combustion of the food.

Food also supplies energy for the various secretions of the body. A great deal of the energy derived from the food, however, appears as heat. This heat maintains the body at 98.4°F. , a temperature considerably above that of the surrounding atmosphere, and heat is continually being lost from the body to the cooler air. The body temperature would rise much higher if it were not for the heat-regulating mechanisms which maintain it at or about that level. If a person were completely insulated against heat loss he would in fact reach boiling point in about two days !

The constituents of an ordinary diet may be divided into six classes :

1. Carbohydrates.
2. Fats.
3. Proteins.
4. Mineral salts.
5. Vitamins.
6. Water.

Of these, the first three, carbohydrates, fats, and proteins, are the fuel or energy-producing substances. The fuel value of a food is measured

in *Calories*. A Calorie is defined as "the amount of heat required to raise the temperature of 1 litre of water (about $1\frac{3}{4}$ pints) through 1° C. (1.8° F.)." A special apparatus called a calorimeter has been devised for the measurement of calorific values. A known weight of carbohydrate, fat, or protein is burned in the calorimeter and the heat that it gives out can be measured. It has been proved that the amount of heat given out by a fat or carbohydrate in the calorimeter is the same as the amount it gives out when burned in the body, while for a protein a correction has to be made, since combustion is more complete in the calorimeter than in the body. It has been determined that—

1 gram of carbohydrate gives 4.1 Calories, *or*
1 oz. carbohydrate gives 116 Calories.

1 gram of fat gives 9.3 Calories, *or*
1 oz. fat gives 264 Calories.

1 gram protein gives 4.1 Calories, *or*
1 oz. protein gives 116 Calories.

1 gram of alcohol gives 7.0 Calories, *or*
1 oz. alcohol gives 200 Calories.

The following list shows the comparative calorific values of some common foodstuffs. Each portion will give 100 Calories. The smaller

the weight, therefore, the higher the calorific value of that particular food.

Butter	..	..	..	..	$\frac{1}{2}$ oz.
Bacon, fried	..	..	..	..	$\frac{2}{3}$ oz.
Chocolate	..	..	..	..	$\frac{2}{3}$ oz.
Sugar	..	..	..	..	$\frac{4}{5}$ oz.
Bread	..	..	..	..	1 $\frac{1}{2}$ oz.
Beef, roast	..	..	..	..	1 $\frac{1}{2}$ oz.
Eggs	..	..	..	..	1 $\frac{1}{2}$ eggs
Potatoes, boiled	..	..	..	..	4 oz.
Milk..	..	..	..	..	5 oz.
Apples	..	..	..	..	9 oz.
Tomatoes	..	..	..	..	20 oz.
Cabbage	..	..	..	..	50 oz.

CARBOHYDRATES

Carbohydrates are composed of carbon, hydrogen, and oxygen, and their use is mainly as fuel, but in small quantities they play a vital part in cell structure and in the production of immunity. Carbohydrates may be divided into two main classes, simple soluble carbohydrates or sugars, and less soluble complex carbohydrates such as starch, cellulose, etc. The sugars may again be subdivided into the simpler monosaccharides and the disaccharides. The latter consist of two monosaccharide molecules linked together.

Simple Carbohydrates. Sugars

Monosaccharides.

Glucose or dextrose. This is the sugar which is present in the blood, and it is the substance to which all carbohydrate in the food is ultimately converted. Glucose occurs naturally in fruits and vegetables and in honey. Its use has increased rapidly during the last few years, partly because it requires no digestion and is rapidly absorbed, and partly because it is not quite so sweet as cane sugar and therefore can be added in larger amounts to fluid diets without spoiling their flavour.

Fructose or lævulose also occurs in fruits and in honey. It is absorbed as such, but appears to be converted to glucose soon afterwards.

Disaccharides.

Cane sugar or sucrose. This consists of a glucose molecule and a fructose molecule linked together. It occurs naturally in the sugar cane and sugar beet, from which it is prepared commercially. It is also present in many fruits and vegetables. Syrup and treacle contain about 70 per cent. of cane sugar.

Lactose is the sugar which is present in milk. It is a disaccharide, each molecule consisting of

one glucose and one galactose molecule. It is not very sweet, and it is therefore often used to increase the Calorie value of infants' and invalids' diets.

Maltose consists of two molecules of glucose. It is formed by the hydrolysis or fermentation of starch. Malt extracts and foods prepared from them contain varying amounts of maltose, and this sugar is also present in beer and stout.

Complex Carbohydrates

Starch. Starch is a polysaccharide consisting of a large number of glucose molecules combined together. Cereal foods, flour, rice, oatmeal, etc., contain 70 to 90 per cent. of starch. It is also found in many vegetables, especially potatoes, parsnips, peas and beans, and in chestnuts, and unripe bananas.

Sugars and starch, which may be termed "available" carbohydrates, are all of approximately equal nutritive value, and so long as the digestive system is in good order it matters little in which form the carbohydrate is taken. Infants are not usually given starchy foods until they are six months old.

Cellulose forms the cell walls of plants, and whole cereals and vegetables contain large amounts. It is of little direct nutritive value

to man, as the human alimentary tract contains no enzymes capable of digesting it. Its main function is to form part of the so-called "roughage" which is beneficial for the normal functioning of the digestive tract.

Other complex carbohydrates. Besides starch and cellulose, other complex carbohydrates occur in plant foodstuffs, *e.g.* inulin in artichokes and pectin in fruits. Nuts also contain considerable amounts of various polysaccharides. Very little is known as to the availability of these carbohydrates to the human body.

FATS

Fats are composed of carbon, hydrogen, and oxygen. Some of the complicated fat-like substances such as lecithin, which is present in brain and other nervous tissue, contain phosphorus and nitrogen as well.

Fats are foods with a high fuel value, since 1 gram of fat provides more than twice as many Calories as 1 gram of carbohydrate or of protein. It was formerly thought that the fat in food was only used as a source of energy, but it is now realised that fats enter into many vital processes, *e.g.* the construction of cell walls and nervous tissue. Some of the fat taken in the food may be used for such purposes. It

is known, however, that the body can convert carbohydrate to fat and that very low fat diets are compatible with health over long periods of time.

Each molecule of a simple fat consists of glycerol united to three "fatty acids." The basis of the fatty acid structure is a chain of four to sixteen, eighteen, or twenty carbon atoms—always an even number. When fats are burned in the body the carbon atoms are broken off two at a time, so that the last stage is the splitting of the four-carbon residue into two equal halves. It is this which fails when carbohydrates are not being metabolised, and it is the presence of these half-broken four-carbon residues in the blood which gives rise to ketosis.

Fat foods may be derived from animal or vegetable sources. Butter, lard, dripping, suet, and fat of meat are typical animal fats. Cheese, eggs, and some fish also contain fat. Vegetable fats include olive oil and some kinds of margarine, and most frying oil used commercially is derived from vegetable sources. Many nuts contain a high percentage of fat.

PROTEINS

Proteins contain carbon, hydrogen, oxygen, and nitrogen. They are essential for building

and repairing every tissue of the body, and are also a source of fuel or Calories. Animals cannot build up their own body proteins from simple inorganic materials as plants can, and hence they require an adequate supply of proteins in their food.

There are many different proteins in animals and plants, but they are similar to one another in that they are all built up by the combination of a number of simpler chemical units. The latter are termed amino-acids, and each contains one or more atoms of nitrogen. More than twenty different amino-acids have been isolated, and these are present in varying proportions in the different proteins. At least six of these acids have been proved to be absolutely essential for the maintenance of health, and a protein which contains each one of these in adequate amounts could be used as the sole source of nitrogen in the diet.

Proteins derived from animal sources—meat, fish, milk, cheese, and eggs—approximate more nearly to human flesh protein than the proteins derived from vegetable sources, and they contain all the essential amino-acids. They are often called “first-class proteins.” Gelatin, however, is incomplete, for it contains no tryptophane, which is one of the essential

amino-acids. Proteins in plant foods are present in much smaller quantities than in animal foods. They often contain inadequate amounts of some of the essential amino-acids, and they are frequently called "second-class proteins."

In the ordinary mixed diet protein is derived from a variety of sources, and the shortage of an amino-acid from one particular food is made up by its presence in ample amount in another.

MINERALS

In our bodies there are at least fourteen different mineral elements, and each one is essential for life. About one-twentieth of the body weight consists of mineral matter, and an adult's bones alone contain approximately 6 lb. Mineral salts are lost from the body daily through the kidneys and skin and in the fæces, and these losses must be replaced from the food, but the mineral salts, like the vitamins, are not taken into consideration when calculating the fuel or energy value of a diet. Relatively small amounts only of these salts are required, but they are of such importance that death results if these small amounts are withheld. Thus, up to $\frac{1}{2}$ oz. of common salt, or sodium chloride, is discharged daily from the

body, and there is a daily loss of sulphates and phosphates of about $\frac{1}{8}$ oz.

The mineral salts may be considered to perform certain functions in the body.

1. They build up the bones and the teeth.
2. They are an essential constituent of every cell in the body, and they must be present in the correct proportions.
3. They form an integral part of all the circulating fluids in the body, the blood and the lymph, the spinal fluids and the digestive juices. These fluids bathe all the cells and supply the necessary acidity and alkalinity of the digestive juices and blood.

In children the intake of mineral salts *must* exceed the excretion if normal growth is to continue.

The minerals in the body are sodium, potassium, calcium, magnesium, iron, copper, manganese, zinc, chlorine, bromine, iodine, phosphorus, sulphur, and one or two others which are also present in very minute quantities.

From the dietetic point of view, the most important minerals are those of which there is likely to be a shortage. These are calcium and iron and, in some districts, iodine. If the diet

provides for these in adequate amounts the other minerals can usually be left to look after themselves.

The amount of each mineral which is present in different foods varies a great deal. A food which is a good source of one mineral element is often a poor source of another. Milk, for instance, is rich in calcium and phosphorus, but contains only a small percentage of iron.

Calcium. The body contains about 6 lb. of calcium phosphate, and this is present mainly in the bones and teeth. An abundant supply of calcium and phosphorus are obviously needed whenever active bone growth is taking place. Calcium also is necessary for the clotting of the blood after injury, and for maintaining the rhythmic action of the heart. The metabolism of calcium is regulated by the parathyroid glands and also by vitamin D.

Foods rich in calcium are cheese, milk, eggs, green-leaf vegetables, and nuts. For detailed list see pp. 34-37 and Table I, p. 301.

Phosphorus. Although a large part of the phosphorus in the body is present in the bones, it exists there in a relatively inert form. It is present in every other tissue of the body, it plays a rôle in carbohydrate and fat metabolism, and forms an integral part of the nerve sheaths

and muscle cells. In short, wherever there is life there is phosphorus.

Flesh foods of all kinds, milk, eggs, and cheese all contain abundant supplies of phosphorus in a form which is available to the body. Some plant foods are rich in phosphorus, notably whole cereals, nuts, and pulses. About half the phosphorus in these foods, however, has recently been shown to be present in a form which is not metabolised by the body, but passes through the intestine without being absorbed. None the less, the supply of phosphorus in an ordinary mixed diet is usually ample. Some table salts contain small amounts of calcium and magnesium phosphates.

Iron. Most of the iron in the body is to be found in the blood as part of the red pigment, hæmoglobin. The remainder is scattered throughout the cells of the body and plays an important part in their respiration.

A deficiency of iron leads to a deficiency of hæmoglobin and this gives rise to anæmia. Anæmia is not always due to a deficiency of iron in the diet, but iron deficiency, if sufficiently prolonged and severe, invariably leads to anæmia. The daily requirement of iron for both men and women is about 10 to 15 mg. Women lose about 15 per cent. of the month's

intake of iron during menstruation, so that the consequences of an inadequate supply will show themselves more rapidly in women than in men.

A new-born baby has a store of iron in its liver, and in addition it has a higher concentration of hæmoglobin, and hence of iron, in its blood than an older child or an adult. The iron from this extra hæmoglobin is set free soon after birth, and it also acts as a reserve to tide the baby over while it is on a milk diet containing very little iron. In spite of this, however, babies are apt to become anæmic. The anæmia can be prevented or cured by giving very large doses of iron. This treatment cannot be considered to be in any sense physiological, though it does appear to have beneficial effects on the general health and resistance to infection.

The main sources of iron are meat, especially liver, eggs, brown bread and green vegetables. A detailed list is given on pp. 34-37 and in Table I, p. 301.

It has been known for a long time that both organic and inorganic compounds of iron were to be found in foodstuffs, and it was originally thought that it was the organic iron which was the more valuable fraction. Some of this organic

iron, however, has now been shown to be present in hæmoglobin-like compounds, which are not absorbed as such and which are not broken down by the digestive enzymes. The availability of this iron, therefore, becomes a matter of considerable doubt. Most inorganic compounds of iron, on the other hand, are usually considered to be readily available. A chemical method has been devised for the determination of inorganic, "available" iron. Table XIII, p. 348, shows the inorganic available iron in a number of foods, expressed as a percentage of the total iron. The whole question of availability, however, is still in the melting-pot, and it must be emphasised that these figures are not final, but only serve as a rough guide to the availability of iron in foodstuffs.

Copper may be considered with iron. It has recently been found that for the prevention and cure of anæmia, copper is essential as well as iron. The daily requirement of copper has not been definitely discovered, but the quantity is certainly very minute. There is no evidence of a likelihood of copper deficiency in diets that are otherwise adequate.

Sodium and chlorine may be considered together since the supplies of these elements are obtained mainly in the form of sodium

chloride or common salt, of which about 10 to 15 grams are usually taken daily.

Inside the body, however, some of the sodium and chlorine part company. About a quarter of the sodium in the blood is present there as the alkaline sodium bicarbonate and the chlorine previously combined with this sodium has been excreted in the urine. Chlorine is separated from sodium in the walls of the stomach, and is secreted as hydrochloric acid in the gastric juice. The sodium left behind is combined with bicarbonate and secreted in the pancreatic juice.

Milk contains enough sodium and chlorine for the growing baby, and on animal foods alone it would be quite possible to live in temperate climates without added salt. People who live in the tropics and workers in hot atmospheres lose a great deal of sodium chloride in their sweat. If they do not take sufficient salt to make good this loss they may suffer from cramps and other signs of salt deficiency. Plant foods contain much less sodium than animal foods and relatively more potassium. The amount of potassium in a fruit or vegetable may be a hundred times the amount of sodium, and only the merest traces of chlorine may be present.

Potassium is an essential constituent of all the cells in the body. It is, however, unnecessary to consider it in human diets because there is no fear of a deficiency, and an excess is easily removed through the kidneys. .

Magnesium. Magnesium is one of the essential inorganic elements, and comparatively large amounts of it are required. The muscles, for example, and most of the soft tissues contain about three times as much magnesium as calcium, and the bones contain a little. It is used by the body in phosphate and carbohydrate metabolism.

When young animals are totally deprived of magnesium, lesions of the blood-vessels and nervous system soon appear. Chronic shortage leads to defective bones and teeth, but human deficiencies need not be anticipated, for all foods contain salts of this metal and they are readily absorbed.

Sulphur. Sulphur is derived mainly from two of the amino-acids in the food, cystine and methionene, and diets adequate in protein will be adequate in sulphur. The sulphur-containing amino-acids are needed for the formation of many of the body proteins, particularly the hair and the nails. Cystine, as the active fraction of the glutathione molecule, plays a part

in some of the oxidations which the cells of the body carry out, and it forms a part of one of the acids contained in the bile.

Most of the sulphur in the food is converted to sulphates and excreted as such by the kidney.

Iodine. Iodine is needed for the formation of thyroxin, the active principle of the thyroid gland, which governs the rate at which food is burned in the body, and which is a controlling factor in the growth and changes of the body from infancy to adult life.

A deficiency of iodine, which occurs chiefly in certain inland regions such as Switzerland and the central parts of the United States, may lead to simple goitre amongst girls at puberty, and this may recur during pregnancy. Iodine taken in minute quantities cures this condition in the mother if given in time, and prevents her children from being born cretins, with arrested mental and physical growth and development.

The chief sources of iodine are probably the sea, the soil, and the drinking water. Vegetables, especially those grown near the sea, and all fish and seaweeds, contain iodine. The sea contains considerable amounts, but in the manufacture of table salt the iodine is

refined away, and ordinary table salt contains none.

The actual amount of iodine required is very, very minute: $\frac{1}{20,000}$ gram a day or $\frac{1}{50}$ gram a year is quite sufficient for the adult. Children need rather more, especially at puberty and other periods of rapid growth, and should probably receive about $\frac{1}{8,000}$ gram a day.

So long as a mixed diet containing sea-fish is eaten, iodine will be taken in sufficient amounts.

VITAMINS

The most interesting feature in the advance of the science of nutrition made during the last twenty years has been the discovery of a number of previously unknown food constituents which exercise a powerful influence on health. It has been established that there are a number of disorders known as "deficiency diseases" which are caused, not by the presence of germs, but by the absence of some constituent from the food. Experiments have shown that these deficiency diseases can be produced or prevented at will in animals by withholding certain nutriment from them, or by including them in the diet. Serious deficiency diseases in

this country are rare to-day, but mild cases are more common than is usually supposed. In the Orient and in southern parts of Europe and North America, deficiency diseases are still a scourge.

Some people appear to regard vitamin deficiency diseases even in this country as a subject demanding serious attention. Cases of night-blindness have been reported in the depressed areas of Northumberland and Durham, and rare cases of pellagra have been discovered.

Every year 0·17 per cent. of our population suffers from diphtheria and 0·16 per cent. develop tuberculosis, yet these diseases appear to be too common to be worthy of mention except in the reports of the Medical Officers of Health.

Even if 100 cases of night blindness per annum do occur this is affecting only 0·00025 per cent. of the population, an almost insignificant proportion when compared with the figures quoted above for the incidence of two diseases which are just as serious. The danger of vitamin deficiency diseases in this country appears to have been rather over-emphasised. Malnutrition as a whole presents a far more serious problem.

In 1906 Sir F. G. Hopkins performed some

classical feeding experiments on rats. He fed them on purified preparations of protein, fat, carbohydrate and salt mixture in the right proportions, but the rats did not grow. If a small quantity of milk or *fresh* tissue was added to the diet the rats developed in the normal way. He suggested that there was a vital something which was present in fresh foods, and which was absent from his purified preparations of protein, fat, and carbohydrate. He did not know whether one or more substances were supplied in the fresh food, nor had he any idea of their chemical nature, so he spoke of them as "accessory food factors." Hopkins' work was really a continuation of that of a number of earlier investigators, but he was one of the first to bring conviction to his fellow-scientists.

These vital substances, which were found to be several in number, were given the name "vitamines" in 1912. So little was known about them that the problem of naming them was a difficult one. They had no popular names so they were merely given letters of the alphabet—A, B, and C—and were renamed "vitamins" soon afterwards. Later it was found that what was originally thought to be one substance, vitamin A, was really two entirely

different substances, and vitamin D was introduced. Similarly, vitamin B has proved to consist of a number of different substances, and the existence of another factor, vitamin E, has since been discovered.

Vitamin A. This is a "fat soluble" vitamin which is present in the fat of foods. Animal fats, except lard, are excellent sources of vitamin A, and include cod- and halibut-liver oils, butter, cream, milk, egg yolk, and fat fish such as the herring. Vegetable fats, on the other hand, contain little or no vitamin A.

There are two ways in which vitamin A is obtained. One is by eating animal fats that contain it. The second is by eating fruits and vegetables that contain a yellow colouring matter called carotene. This is present in all yellow fruits and vegetables, notably in carrots, from which it derives its name, but also in peaches, apricots, oranges and swedes, and in tomatoes and green-leaf vegetables. In tomatoes the yellow colour of the carotene is masked by a red pigment, and in leaves by the green chlorophyll. The amount of carotene in leaves depends upon the amount of sunlight they have received. The outer green leaves of a cabbage are a good source of carotene, while

the inner white leaves of the heart contain none.

Carotene taken in the food is changed in the body to vitamin A and is stored in the liver. Green grass is the origin of the vitamin A in milk, butter, and cream. Summer milk contains more vitamin A than winter milk because the cows are out at pasture during the summer months.

If the amount of vitamin A in the diet is small, or altogether lacking, the health suffers. Children living on diets poor in vitamin A are particularly liable to develop a disease of the eye called xerophthalmia, which, if unchecked, leads to blindness. It has recently been shown that this disease is probably caused by degeneration of the sensory nerve of the cornea. Local treatment of the eye has no effect, but the condition is relieved if cod-liver oil is given. During the Great War there were many epidemics of this particular eye disease, especially in Denmark, where, owing to the export of butter, large numbers of children were fed mainly on skimmed milk and cereals.

In adults a deficiency of vitamin A leads to night blindness, which has been found to be due to the disappearance of the colouring matter known as "visual purple" in the retina of the

eye. This pigment, which enables a person to see in a dim light, reappears again on the administration of vitamin A.

The most important function of vitamin A, however, appears to be connected with its action on the mucous membranes. If vitamin A is absent from the diet these tend to lose their normal structure and to become dried up or keratinised. Pathogenic organisms find these weakened mucous membranes an easy prey and in vitamin A deficiency local infections are apt to develop. Hence, vitamin A is sometimes called the "anti-infective" vitamin, but it must be emphasised that susceptibility to ordinary infectious diseases is not specially connected with vitamin A deficiency.

Carotene was isolated and shown to be a complex hydrocarbon many years before its connection with vitamin A was suspected. Vitamin A, which has an alcohol structure, is produced by the splitting in two of the carotene molecule with the addition of an OH group to each portion.

Vitamin B. In 1926 it was discovered that the original vitamin B really consisted of more than one substance. One of these was named vitamin B₁, the factor which prevents and cures beri-beri, and the remainder was called

vitamin B₂. Vitamin B₁, or aneurin, has been prepared in pure, crystalline form, and it has the chemical formula C₁₂H₁₆N₄OS. In America this vitamin is called B, or thiamin. It is fairly widely distributed in human foods. The best sources are whole cereals, yeast and yeast extracts, and pulses. The function of vitamin B₂ was not clearly understood, though it was thought to be connected in some way with the prevention of pellagra. Some years later, vitamin B₂ was itself proved to be a complex. First, riboflavine (or lactoflavine), C₁₇H₂₀N₄O₆, was isolated from it. Then another substance, vitamin B₆, sometimes called adermin, C₈H₁₂O₃NCl, or the rat-pellagra factor, was discovered. It is not known for certain whether either of these factors is essential for humans, though it has been suggested that various tropical skin lesions may be caused by their deficiency. Riboflavine is an essential constituent of the diet of dogs and rats, and vitamin B₆ is needed by rats.

The cause of pellagra has until recently been obscure. First, it was thought to be conveyed by infection. Then it was believed to be due to protein of inferior biological value in the diet. Later, it was traced to a deficiency of the vitamin B complex, particularly of the fraction

called B₂. In 1937, as a result of experiments on dogs, pigs, and monkeys, the pellagra-preventing factor was found to be identical with nicotinic acid. This is a well-known and relatively simple chemical compound, β -pyridine carboxylic acid, with the chemical formula C₆H₅NO₂. The acid amide, nicotinamide, has a similar activity. Most protein foods contain nicotinic acid. Yeast, salmon, and some liver extracts are particularly rich sources.

Vitamin C. Vitamin C is found in fresh fruits and vegetables, and if it is absent from the diet a painful and dangerous disease known as scurvy develops. This is characterised by a tendency for bleeding to occur in different parts of the body, but especially under the periosteum of the bones. Scurvy was very prevalent in the sixteenth century, especially among sailors at sea for long periods who lived on salt meat and a biscuit made of flour and water and known as "hard tack." Any kind of fresh fruit or vegetables was unheard of on board. First the crew became weaker, less able to make any efforts, easily out of breath, and readily depressed. Sunken eyes, constant pain in the muscles, mental and physical exhaustion, bleeding from the gums, eyes, and nose were symptoms which gradually became worse and

worse, and the men frequently died of the disease.

Infantile scurvy, or "Barlow's disease," was very common at the beginning of this century, when babies were fed largely on artificially treated or sterilised foods, with no fresh milk or fruit juice whatever. It has now become a common practice to give all artificially fed babies orange juice daily.

Long before the age of vitamins it was realised that scurvy was caused by the lack of something in the diet, something which was connected with the property of freshness, which disappeared from the food if it became stale or dry. We now know that vitamin C, which is present in minute traces in fresh fruits and vegetables and which is particularly plentiful in oranges and lemons, is absolutely essential for a normal and healthy life. If this is absent or deficient in the diet scurvy develops. A case of scurvy, if not too far advanced, can be almost miraculously cured by the administration of orange, lemon or tomato juice, or of raw green vegetables. Vitamin C is also essential for the development of sound and healthy teeth.

Vegetables and fruits vary very much in the amount of vitamin C that they contain. The best sources are black-currants, strawberries,

oranges, lemons, grapefruit, tomatoes, and most green vegetables. On the other hand, grapes contain almost no vitamin C, and some varieties of apple are very poor sources. Potatoes contain moderate amounts of the vitamin, and it is an interesting fact that a potato famine in Ireland has been more than once followed by an outbreak of scurvy. It is certain that a large proportion of our population depends almost entirely upon potatoes for their supply of vitamin C.

Vitamin C is gradually destroyed by cooking, but a far more serious cause of loss is the solubility of the vitamin in the cooking water. When vegetables are boiled, half to two-thirds of their vitamin C may dissolve out and be thrown away. In the case of stewed and canned fruit the juice is usually eaten, so this cause of loss need not be considered.

Human milk normally contains from four to five times as much vitamin C as cow's milk. Pasteurisation of milk results in a destruction of about half its vitamin C, whilst sterilisation destroys this vitamin completely.

The chemical constitution of vitamin C is now well known. Not only has it been isolated from plants, but it has been synthesised in the laboratory. It has the simplest chemical struc-

ture of any of the vitamins and is allied to the sugars. Its formula is $C_6H_8O_6$ and it has been named ascorbic acid. In America it is called cevitic acid.

Vitamin D. The best-known disease due to a vitamin-deficient diet is rickets. This disease is rapidly being stamped out in this country, but there are still numbers of cases too slight to be detected except by expert examination. In severe rickets the growing bones do not become sufficiently hard during the first year of life, and as soon as the child begins to walk the soft bones of the legs bend under the weight of the body and become fixed in the deformed position.

Hard bones cannot be formed unless the minerals that make them, calcium and phosphorus, are contained in the food in sufficient quantity. Vitamin D controls the mechanism whereby calcium and phosphorus are absorbed from the intestine and deposited in the bones. The necessary salts may be contained in the food in sufficient quantity, but they cannot be utilised if there is a deficiency of vitamin D and rickets will result. Conversely, plenty of vitamin D in the diet, but insufficient calcium or phosphorus, also leads to this disease.

Vitamin D, the antirachitic vitamin, is fat-soluble and is found in halibut- and cod-liver

oils, egg yolk, summer butter, cream and milk, and fat fish such as the herring. Plant fats contain no vitamin D.

What is true of bones is true also of teeth. Teeth, like bones, are composed of calcium phosphate. Therefore an ample supply of calcium, phosphorus and vitamin D is necessary for the formation of hard and healthy teeth. Some authorities consider that adults have to pay a great many visits to the dentist to-day because their diet contained insufficient vitamin D during childhood.

Sunlight has always been suspected of playing an important part in the prevention and cure of rickets. Rickets is seldom seen in the tropics, but is prevalent in temperate countries, and there is a distinct seasonal variation in the number of cases—many more cases appear after the winter than after the summer, and most cases improve in the summer sunshine. In India and other tropical eastern countries, however, rickets and osteomalacia are common as a result of the purdah system, whereby women and children are confined indoors. It was proved in 1921 that rickets could be cured by exposure to sunlight and that the curative effect was due to the ultra-violet rays. Various forms of artificial sunlight lamps which supply these rays

in a concentrated form are used in hospitals for this purpose.

The action of light corrects the effects of a diet inadequate in vitamin D, but only if the defects are not too severe nor too long-continued. The ultra-violet rays act upon a substance called *ergosterol*, which is present in the fat just beneath the skin, and convert it to vitamin D. Light and diet should be regarded as factors which supplement one another in the supply of vitamin D.

In 1932 a pure substance, calciferol, having great vitamin D activity, was synthesised by the irradiation of ergosterol. Its structure resembles that of ergosterol ($C_{28}H_{44}O$) except for a slightly different arrangement of atoms within the molecule, and this substance was thought to be identical with the natural vitamin D. It was found, however, that the vitamin D occurring in cod-liver oil was far more active than calciferol in curing rickets in chickens. Calciferol, on the other hand, was far more effective for rats. Hence there were at least two different forms of vitamin D, and actually several others have since been isolated. The substance in cod-liver oil is called D_2 and calciferol is named D_3 . Vitamin D_2 can be prepared by irradiating a substance closely

MAIN SOURCES OF THE

PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	PHOSPHORUS
MEAT				
Liver *	Liver	—	—	Liver *
Kidney *	—	—	—	Kidney
Lean meat *	—	—	—	Lean meat
—	Fat of meat *	—	—	—
Heart *	Heart	—	—	Heart
Bacon	Bacon	—	—	Bacon
Chicken *	—	—	—	Chicken
Rabbit *	—	—	—	Rabbit
Sweetbread *	—	—	—	Sweetbread*
FISH				
All fish *	Fat fish, <i>e.g.</i> herring	—	—	All fish *
Fish roe *	Fish roe	—	—	Fish roe *
Sprats	Sprats	—	Sprats	Sprats
Sardines	Sardines	—	Sardines	Sardines
—	Fish liver oils *	—	—	—
DAIRY FOODS				
Milk	Milk	Milk	Milk	Milk
Eggs	Eggs	—	Eggs	Eggs
Cheese *	Cheese	—	Cheese *	Cheese
—	Butter *	—	—	—
—	Cream *	—	—	—
CEREALS				
—	—	All cereals *	—	Whole cereals
—	—	Bread and flour	—	Wholemeal, or "brown", bread and flour
—	—	Oatmeal *	—	Oatmeal
—	—	Rice, tapioca, etc.*	—	—
—	Cakes and biscuits	Cakes and biscuits	—	—
NUTS				
Almonds and peanuts	All nuts except chest- nuts	Chest- nuts *	Almonds, Barcelona nuts, and Brazil nuts	All nuts except chestnuts and coco- nuts

* Indicates a very rich source.

VARIOUS FOOD ESSENTIALS

IRON	VITAMIN A	VITAMIN B COMPLEX	VITAMIN C	VITAMIN D
Liver *	Liver *	Liver *	Liver (raw)	Liver *
Kidney	Kidney	Kidney *	—	—
Lean meat	—	Lean meat *	—	—
—	Fat of meat (not pork)	Pork *	—	—
Heart	Heart	—	—	—
Bacon	—	—	—	—
Chicken	—	Chicken	—	—
Rabbit	—	Rabbit	—	—
—	Sweetbread	Sweetbread	—	—
—	Fat fish, *	All fish	—	Fat fish, *
—	<i>e.g.</i> herring	“ Hard	—	<i>e.g.</i> herring
—	Fish roe *	roe ” *	—	Fish roe *
Sprats	Sprats	Sprats	—	Sprats
Sardines	Sardines	Sardines	—	Sardines
—	Fish liver oils *	—	—	Fish liver oils *
—	Milk	Milk	Milk (raw)	Milk
Eggs	Eggs *	Eggs	—	Eggs
—	Cheese	—	—	Cheese
—	Butter	—	—	Butter
—	Cream	—	—	Cream
—	—	Whole cereals	—	—
Wholemeal or “ brown ”	—	Wholemeal *	—	—
bread and flour	—	or “ brown ”	—	—
Oatmeal	—	bread and flour	—	—
—	—	Oatmeal *	—	—
—	—	—	—	—
—	—	Nuts *	—	—
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—

MAIN SOURCES OF THE

PROTEIN	FAT	CARBO- HYDRATE	CALCIUM	PHOSPHORUS
FRUIT				
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
—	—	Bananas	—	—
—	—	Sweet fruits, e.g. grapes, pineapple, plums	—	—
—	—	Dried fruit *	—	—
—	Olives	—	—	—
VEGETABLES				
—	—	—	Green leaves, e.g. spinach, watercress, outer leaves of cabbage and lettuce	—
Peas and beans	—	Peas and beans	—	Peas and beans
—	—	Root vege- tables	—	—
—	—	Potatoes	—	—
OTHER FOODS				
—	Chocolate	Chocolate	—	Chocolate
—	—	—	—	Cocoa
—	—	Black treacle *	—	—
—	—	Golden syrup *	—	—
—	—	Sugar *	—	—
—	—	Jam *	—	—
—	—	Marmalade *	—	—
—	—	Honey *	—	—
—	Margarine *	—	—	—
—	Lard *	—	—	—
—	Dripping *	—	—	—
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
* Indicates	—	—	—	—
	—	—	—	—
	—	—	—	—
	—	—	—	—
	—	—	—	—

rich source.

VARIOUS FOOD ESSENTIALS—cont.

[illegible]

allied to ergosterol, 7-dehydrocholesterol. As far as is known the two vitamins are equally active for human beings.

Vitamin E. Vitamin E is an essential constituent of the diet of rats. If it is deficient, resorption of the foetus occurs during pregnancy in the female, and in the male degeneration of the germ cells takes place. Whether or not vitamin E deficiency in humans has any connection with habitual abortion has not been satisfactorily proved, though there is some evidence that treatment with vitamin E concentrates may be beneficial in certain cases.

The best sources of vitamin E are wheat germ and green leaf vegetables, particularly lettuce. In 1936 the vitamin was isolated in crystalline form and was given the name α -tocopherol. It has the chemical formula $C_{29}H_{50}O_2$.

WATER

About three-quarters of the body consists of water, and the proportion varies in different parts. Bones only contain 22 per cent., while the kidneys contain 80–90 per cent. All the processes of the body proceed in a fluid medium. Water acts as the carrier of food to the tissues; it forms the larger part of the digestive juices and the blood; it is necessary to dissolve

digested food and to remove waste matter through the kidneys. Approximately 2,500 c.c. of water are given off daily from the body. In temperate climates the kidneys excrete about 1,500 c.c., 600 c.c. are lost in perspiration through the skin, 300 c.c. are given off through the lungs, and the remaining 100 c.c. are contained in the fæces.

An average adult requires 4 to 5 pints of water daily (about 2,500 c.c.). About one-third of this comes from the food (see p. 3) and the remaining 2 or 3 pints must be drunk, either as water or as part of other beverages. Thirst is the demand of the whole body, but chiefly of the blood, for more water. It is, however, not a guide to the amount required, as habit largely controls the desire for fluids. Next to air, water is the cheapest and most essential of foods. Without air we cannot live for more than a few minutes. If air is supplied, but food and water are withheld, we cannot live for more than eight or ten days. But if we have no food other than air and water life can be maintained for a considerable time. Some years ago the Lord Mayor of Cork performed a hunger strike, and is stated to have lived for 70 days on nothing but water. He finally died as a result of starvation.

ROUGHAGE

Roughage cannot be considered as a dietary essential in the same way that proteins, fats, carbohydrates, mineral salts, vitamins, and water are essential, and it is an interesting point that milk, which is the natural food for infants and young animals, contains practically no roughage at all. Roughage is derived largely from the cellulose forming the cell walls of plants, and animal foods as a whole leave much less undigested residue than plant foods. A certain amount of roughage in the diet is probably an advantage, and constipation tends to arise if the diet is almost completely absorbed. Diets which contain large amounts of vegetable foods and which leave a considerable amount of unabsorbed residue are wasteful for normal people since they tend to displace more concentrated and nourishing foods.

ALCOHOL

Alcohol in an impure form has been known since the earliest times, and as far back as the history of medicine extends it has been used as a drug. Its value depends upon four chief points:

1. Its irritant local action.
2. Its action on the central nervous system.
3. Its action on the circulation.
4. Its value as a food.

1. Local irritant action. When alcohol is taken in moderate amounts it increases the secretion of gastric juice in the stomach. It does not, however, increase the secretion of pepsin, nor does it affect the muscular movements of the stomach. To some people it is an aid to digestion, while to others it is not. Generally speaking, it may be said that, if it is enjoyed, alcohol in moderate quantities may be considered to be harmless to the digestion of those in normal health. Excessive quantities, however, give rise to profuse secretion of mucous in the stomach, gastric catarrh, and digestive disorders.

2. Action on the central nervous system. This is by far the most important action. In spite of the feelings of well-being, good fellowship and self-confidence to which it gives rise, alcohol has never been shown to stimulate any part of the central nervous system. The observed effects are due to a depression or retardation of the highest centres, which normally exert a restraining influence on the rest of the brain. The well-known effects of alcohol, therefore, may be ascribed to a lack of restraint. Large doses retard the higher centres still more, and lead to obvious blunting of the finer senses and clumsy performance of movements demanding speed and skill.

Large amounts of alcohol result in complete inco-ordination, deep, torpid sleep and finally unconsciousness. The effects of alcohol vary greatly in different individuals and in the same individual at different times. Chronic alcoholism has been thought by many to lead to cirrhosis of the liver. Alcohol addicts are also liable to peripheral neuritis, which can be cured by giving vitamin B₁.

3. Action on the circulation. If administered in small doses to people not in the habit of taking it, alcohol gives rise to slight acceleration of the pulse rate. It is believed by some to have a stimulating action upon the heart, but the change is small and inconstant. Large quantities make it beat more slowly.

The familiar flushing of the skin and feeling of warmth indicate dilation of the superficial blood-vessels, but the main blood-vessels are scarcely affected.

4. Alcohol as a food. Alcohol in moderate doses is oxidised almost completely in the body, and each gram yields seven calories. From this point of view, therefore, it must be classed as a food. If taken with carbohydrates and fats alcohol is preferentially oxidised, and the carbohydrates and fats are stored.

All authorities are agreed that for healthy

persons alcohol is a luxury. It may coax a jaded palate, and as a flavouring agent it adds variety to the menu. It is, however, entirely unnecessary for the growth and maintenance of the body.

The use of alcohol in fever is discussed on p. 67.

CHAPTER II

THE PRINCIPLES OF NUTRITION

(continued)

II

FOOD REQUIREMENTS

BASAL METABOLISM

Basal metabolism is the metabolism of the body at complete physical rest in a room of ordinary comfortable temperature, twelve to eighteen hours after the last intake of food. This is usually measured in terms of energy, and the units employed (Calories) are units of heat. Other forms of energy may be measured in the same terms. Many determinations have been made of the number of Calories required for the basal metabolism of men, women, and children of different ages. The Calorie requirement for basal metabolism will vary with the size and surface area of the body, a large body needing more fuel to maintain it than a small one. It has been found that the energy metabolism of the body increases in proportion to the surface rather than the weight. Values for energy requirements for basal metabolism are therefore more accurately expressed in terms of Calories per square metre of body surface than in terms

of height or weight. Tables for predicting the basal metabolism of normal adults and children of various ages have been drawn up by several workers. One is given on p. 357. In terms of surface area, both men and women require about 40 Calories per square metre per hour. In terms of body weight, a normal healthy man weighing 70 kg. (11 stone) requires 77 Calories per hour for basal metabolism, while a woman weighing 57 kg. (9 stone) needs 60 Calories. In twenty-four hours, therefore, the man needs 1,850 Calories and the woman 1,440 Calories for basal metabolism. Thus, more than half the Calories obtained from the ingested food are used for basal metabolism.

The true basal metabolism of infants is difficult to determine since a hungry baby will not be at "complete physical rest." The so-called basal metabolism of babies is their metabolism at physical rest, but it includes the influence of food. During infancy the basal metabolism is 30 to 50 Calories per square metre per hour (2.0 to 2.5 Calories per kg. per hour), but it rises rapidly to a value of 60 Calories per square metre per hour at the age of one to two years, then falls till it reaches the adult figure of 40 at the age of twenty.

Prolonged under-nutrition lowers basal meta-

bolism and the thyroid gland exerts a profound influence upon it. Where this gland is over-active basal metabolism may be raised as much as 75 per cent., while in myxoedema and cretinism it is considerably reduced. During fever the basal metabolism is raised 7·2 per cent. for each degree Fahrenheit rise in temperature (13 per cent. for each degree Centigrade). A list of observations on the relation of basal metabolism to various diseases is given on p. 358.

It must be pointed out, however, that a basal metabolism 10 per cent. below to 15 per cent. above the average figures is usually considered within the normal range.

TOTAL ENERGY REQUIREMENTS

In addition to the Calories required for basal metabolism, food is needed to supply energy for muscular movement and for various other functions. These are discussed in Chapter I.

The total Calorie requirement of human beings is a question which has received a considerable amount of attention. The problem has been investigated by four different methods. The first is by means of the human calorimeter. With the aid of this instrument it is possible to determine the energy output of persons at rest or carrying out various occupations inside it.

The second method consists in the measurement, with a portable apparatus, of the amount of oxygen required to oxidise the ingested food while the subject is performing various kinds of work. The third involves the determination of the balance of intake and output of carbon, nitrogen, and hydrogen, while the fourth consists in studying the number of Calories which adults are instinctively taking in their food to maintain themselves in normal health, when there are no restrictions due to economy or any other cause.

There is general agreement that the average man, weighing about 70 kg. (11 stone) and leading a moderately active life, needs an amount of food which will yield 3,000 Calories a day. Since diets can be measured in terms of energy, and the bodily activities can also be assessed on this basis, the two can be directly compared, and it has been shown that the more active the life the more energy will be required from the food. For a purely sedentary life a man requires about 2,400 Calories a day. For really hard physical work, such as coal mining, stone cutting, and dock labouring, about 4,000 Calories a day are needed. During special athletic efforts a tremendous amount of energy is expended. Mental work, on the other hand,

seems to demand no extra intake of food. On p. 359 is given a table showing the approximate Calorie requirements of individuals performing various occupations.

Women need less food than men, for they are as a rule smaller and less muscular. It is usually stated that a woman requires five-sixths as many Calories as the average man, or about 2,500 Calories per day. Her "man-value" is said to be 0·83. It must be remembered, however, that her body weight is only about five-sixths that of a man, and the Calories per kilogram of body weight are approximately the same for men as for women. Recent studies on the individual diets of women have shown that the average Calorie intake of 63 London women was about 2,100 a day, or 0·7 of 3,000 Calories.

The general build of the body is important in relation to the amount of food needed, for a short stout man loses heat at a slower rate than a tall thin one of the same weight, and therefore will require relatively less heat-producing food to maintain his body temperature.

Climate and season have a certain amount of effect on the kind and quantity of food required. In cold parts of the world, and even in winter in this country, more food, and especially more

fat, is often eaten than during hot weather. The seasonal variation in the food eaten in this country is probably a variation in kind rather than in quantity. In tropical regions, however, the basal Calorie requirement appears to be lower than in the cold countries.

After about sixty years of age the bodily activities are restricted, and overfeeding should definitely be avoided. Over the age of seventy about 1,800 Calories a day are usually sufficient.

CALORIE REQUIREMENTS FOR CHILDREN

The greatest contributions to the knowledge of the energy requirements of children have been made by dietary studies in which the intake of food has been measured. Calorimetry, or respiration studies on children are difficult and have not been carried out on a sufficiently large scale. Balance experiments have been made, but in most cases, although the foods were completely analysed, only the excretion of nitrogen has been determined.

Dietary studies have been carried out by two different methods—on groups of children in institutions, and on individual children living either in institutions or in homes. The group method cannot profess to do more than supply a rough average of the food intake. The

measurement of the individual food intake of healthy children of varying ages is obviously the most satisfactory method of approach to the problem. This has been done in a certain number of cases in different parts of the world, and at the present time an extensive investigation on the food intake of individual children in this country is being carried out. Various attempts have been made to set up standards of food requirements for children of different ages. A table based on the suggestions of the Technical Commission of the League of Nations is given on p. 358.

PROTEIN REQUIREMENTS

There is no agreed standard of protein intake. It is generally accepted, however, that for the average man 100 grams per day is an ample allowance, of which 37 to 50 grams should be of animal origin. (British Medical Association and Ministry of Health.)

Sherman proposes 1 gram of protein per kilogram of body weight per day (roughly $\frac{1}{2}$ gram per lb.), or 70 grams for the average man, as a suitable standard of protein needs. This figure was also adopted by the Health Organisation of the League of Nations, 1936. No published data as to the protein requirements of women appear

to be available, but investigations on the individual food intake of London women showed that their average protein intake was about 67 grams a day.

Children need relatively more protein than adults. A baby fed on human milk usually receives 2 to 2.5 grams of protein per kilogram of body weight per day (approximately 1 gram per lb.), and it must be remembered that this is entirely in the form of milk proteins, which are of high biological value. In general, it may be said that about 10 to 15 per cent. of the total calories should be given in the form of protein. The approximate protein requirements of children of different ages are shown on p. 358.

REQUIREMENTS OF MINERAL SALTS

Very little is known about the human requirements for mineral salts. Sherman considers that an adult is adequately supplied by 0.68 gram of calcium, 1.32 grams of phosphorus, and 0.012 to 0.015 gram of iron per day. Children need relatively more of each of these elements for normal growth and development, and about 1 gram of calcium and 1 gram of phosphorus per child per day is desirable. This should be derived partly from milk (1 pint of milk gives 0.68 gram of

calcium and 0.53 gram of phosphorus) and also from eggs, meat, fish, cheese, fruit, and vegetables. Too much stress cannot be laid upon the beneficial effects of milk in the diet of children, who should be encouraged to drink 1 to 1½ pints daily. Children who dislike milk as such will often take it disguised in a beverage or pudding. There is less evidence available as to the iron requirements of young children, but it is probable that about 8 mg. per day are sufficient.

Approximate mineral requirements at different ages are shown on p. 358.

DIETARY REQUIREMENTS IN PREGNANCY AND LACTATION

Special attention must be paid to the quality and quantity of the diets of expectant and nursing mothers. During the first four months or so there is no need to increase the Calorie value of the diet. The chief requirement at this time is a diet which will prevent the nausea and vomiting of "morning sickness." Expectant mothers who suffer from this should take a liberal supply of easily digested carbohydrate at bedtime in the form of barley sugar, lemonade with plenty of sugar or glucose, or rusks, biscuits, or bread and jam, but no butter. Excess of fat in the

diet should be avoided, but adequate amounts of vitamins A and D should be secured. During the latter half of pregnancy the mother's diet *must* contain an ample supply of calcium and phosphorus to provide building material for the bones of the growing foetus, and it must also contain plenty of vitamins A and D. The iron requirement is also increased during pregnancy, for a baby, besides having a relatively large amount of iron in its blood, is born with a supply of iron stored in its liver to last it during the suckling period. All of this iron must come from the mother. Most authorities are agreed that greatly increased amounts of protein or of total food are unnecessary during pregnancy, although the League of Nations Committee (1936) proposes that the protein intake should be increased to 1.5 grams per kilogram per day during the last five months. The woman's own appetite will usually supply the small additional need.

During lactation the food demands of the mother are greatly increased, for the entire nutrition of the child depends upon her. Her diet must be adequate in Calories. In some cases lactating women tend to put on weight, and the calorific value of the diet must be regulated to prevent obesity. In others a high Calorie diet is required if the mother is to

maintain her body weight. Each case must be considered individually. It is absolutely essential that the nursing mother should obtain ample supplies of calcium, phosphorus, first-class protein, vitamin D, and water. To secure these, the following foods are of special value during pregnancy and lactation—milk, cheese, eggs, liver, fruit, and vegetables. At least a pint of milk should be taken daily in some form. Many physicians advise the use of halibut or cod-liver oil, or some other rich source of vitamin D.

“CONDITIONED” DEFICIENCIES

Before food can be utilised by the body it must be eaten, digested, absorbed and metabolised. Deficiency diseases may arise if there is a failure in any one of these processes. In the ordinary sense of the term, a deficiency disease implies that there is an inadequate intake of some particular essential dietary constituent. The term “conditioned” deficiency is used to describe a deficiency which is caused, not by inadequate intake, but by failure of the digestive, absorptive or metabolic processes.

Disorders of the gastro-intestinal tract are the most common cause of “conditioned” deficiencies. If there is mechanical obstruction,

due to pyloric stenosis, or intractable vomiting for some other reason, *e.g.* vomiting of pregnancy, there may be a state of general malnutrition. Chronic diarrhoea may have the same effect. Sometimes the absorptive failure is more limited, and may even be confined to a single dietary constituent. Thus, the absorption of fats is particularly interfered with in coeliac disease and tubercular peritonitis. Vitamin deficiencies may arise in a similar way. Further, a vicious circle may be set up, for minor deficiencies may cause mild disorders of the gastrointestinal tract, and these in turn may intensify the defective assimilation.

Finally, the untreated diabetic may be regarded as carbohydrate-deficient due to a metabolic failure. Diabetes, however, is not usually included among "conditioned" deficiencies.

CHAPTER III

HIGH AND LOW CALORIE DIETS

HIGH CALORIE DIETS

Loss in weight is usually the result of disease, especially tuberculosis, carcinoma, diabetes, and Addison's disease or, less frequently, of persistent under-eating. In Graves' disease it is the result of the over-activity of the thyroid gland.

The object of a high Calorie diet is usually to supply as much extra nourishment as possible in a form easy to consume and digest. If the patient has a good appetite this is easy to accomplish, but often it is necessary to have faith in the saying *l'appétit vient en mangeant*, and to increase the food a little each day. An unpleasant feeling of fullness must be avoided. Extra Calories are best supplied in the form of carbohydrate, and glucose, lactose, or increased amounts of ordinary sugar can be added to all sweetened foods and drinks. Jam, honey, or syrup, in addition to butter thickly spread on bread, should be taken whenever possible. Drinks of fresh lemonade containing at least 1 oz. of glucose per glass, or a milky drink with biscuits can be taken between meals and at

bedtime. Sweets or chocolate after meals are a pleasant and easy way for most people to increase their Calorie intake. Additional fat in the more easily digested forms, such as butter and cream, will also increase the Calorie value of a diet. Butter or margarine may be added to vegetables, and thick soups and sauces can be made with the addition of cream or butter. Cream may also be taken with many beverages and puddings, and if this is not whipped larger amounts can be consumed.

Those who wish to gain in weight should never hurry over their meals. The day's food should be divided into three or four meals of approximately equal Calorie value, and patients must not expect to be able to take one meal so large that it will make up for the deficiencies of two or three which are inadequate. Besides the regular meals, high Calorie drinks or extras should be taken if possible. Examples of high Calorie diets are given on p. 147, together with a list of suitable puddings, savouries, and beverages.

TREATMENT OF OBESITY BY LOW-CALORIE DIETS

Insurance companies have found, both from experience and through statistical investigation, that the men and women who live longest are

those whose weight remains at all ages close to the average of adults at thirty (see height and weight tables, p. 364). Under that age people tend to be too thin for optimum health, and as they grow older the majority tend to become too fat. As people advance in years they usually restrict their physical activities, and they should therefore limit the amount of fattening food which they consume, so as to avoid the "middle aged spread." This is particularly important for those whose hearts are no longer functioning normally, or whose chest walls and lungs have lost their elasticity, for obesity means that an additional weight has to be carried, which inevitably places an extra strain upon the heart and lungs.

On the other hand, too much emphasis cannot be laid upon the harm done through the slimming craze. Slimming, except under medical supervision, should be strongly discouraged. Tables for weight and height, such as those given on p. 364, may be taken as a guide, and provided the health is normal small divergences should not be considered.

Nevertheless, there are many people for whom reducing diets are essential. Obesity, which involves the deposition of abnormal amounts of fat beneath the skin and around the internal

organs, may be due to one of several causes. It may be simply and solely due to over-eating combined with too little exercise. This type of obesity will respond at once to dietary treatment, and requires no other. Secondly, it may be due to some obvious deficiency of the endocrine glands leading to a lowered basal metabolism, as in myxoedema. In the latter case a reducing diet alone will rarely achieve the desired effect, unless almost complete starvation is adopted. A strictly low Calorie diet, therefore, must be combined with treatment by thyroid extract which has the effect of raising the basal metabolic rate.

Patients who require to lose weight must not be expected to have superhuman powers of self-denial. Only those who have tried to reduce can realise how hard it is to keep away from the temptation of forbidden foods. It is only by continually reminding themselves of the benefits to health and appearance which will result from their abstemiousness that patients will develop the strength of mind required to keep to their diet. This must be planned so as to change the routine of the normal meals as little as possible, to give a certain amount of variety, and also a feeling of satiety. A patient who is accustomed to large

meals should feel satisfied without any risk of increasing his weight if he takes plenty of bulky, low Calorie foods, such as leafy vegetables, fruit, and food-valueless beverages like tea or coffee, with skimmed milk but no sugar, unsugared lemon water, or clear meat or vegetable soups or meat extracts. Great care must be taken to supply a sufficiency of protein, vitamins, and mineral salts. Periods of starvation, with their unpleasant consequences to health and looks, must be strictly forbidden.

A loss of about 2 lb. a week may be expected on the reducing diets on p. 152 if the obesity is due to over-eating, but it may be rather slower if the cause is constitutional. The patient must understand that if he eats even small amounts of food above the allowance the desired loss will not take place. Should the loss be too rapid at any stage an extra slice or two of bread, or one or two potatoes, may be added to the diet. If it is too slow, and the doctor is satisfied that the patient is really keeping to the diet, a slice of bread may be omitted and butter or jam given up altogether for the time being. If this fails to produce a reduction in weight a patient may, on doctor's orders, take on one or even two days a week a carbohydrate diet providing approximately 400 Calories only.

A convenient arrangement on these days is to take four meals, each consisting of two fruits and $\frac{1}{2}$ oz. (two average-sized) unsweetened biscuits. Tea with milk but no sugar, unsweetened lemonade, soda water, and meat extracts are allowed as desired.

Reducing diets, owing to their low fat content, are always low in vitamin D, and they may be low in vitamin A as well. A concentrate containing these vitamins should therefore be prescribed. Because the total amount of food in reducing diets is small the amount of vitamin B complex is likely to be deficient. It should be added in some concentrated form such as Marmite or Yeastrel, which can be spread on bread or used in soups or gravies. Wholemeal bread is preferable to white bread since it contains more of the B vitamins.

A reducing diet for patients with heart disease is given on p. 154.

REDUCING DIETS FOR CHILDREN

In some cases of glandular disturbance, hypothyroidism, or hypopituitarism, children metabolise their foods too slowly, and they should therefore take less carbohydrate and fat than is normal for their age. The carbohydrate intake should not be less than 100 grams a day if

the child is leading a normal life, but fat can be reduced to any extent that may be necessary. Sufficient body-building materials, vitamins, and mineral salts must be secured, and therefore $1\frac{1}{2}$ pints of skimmed milk and some concentrate containing vitamins A and D should be included in a reducing diet intended for a child. (See Diet, p. 153.) Skimmed milk may be obtained from a dairy (permission from the Milk Marketing Board may be necessary) or it can be prepared at home from bottled milk by pouring off the top cream, placing the partially skimmed milk in a bowl, covering it with butter muslin, and allowing it to stand until the rest of the cream has risen. When this has been carefully removed the skimmed milk is ready for use.

It is generally exceedingly difficult for children to keep to a reducing diet, as they usually have normal, healthy appetites, and crave for their ordinary amounts of bread and butter, potatoes, and sweets. They should be weighed weekly and told the results. They will need constant encouragement to persuade them not to exceed their rations, but once they have appreciated the improvement they have made and have accustomed themselves to their new menu they will find it far easier to keep to their diet.

CHAPTER IV

INVALID DIETS

THE essentials of human nutrition have been discussed in Chapter I. When people are ill they require these food essentials just as much, and sometimes more, than when their health is normal. Patients who have suffered from long illnesses frequently lose weight, and this is sometimes due to a loss of body protein as well as of fat. If this cannot be prevented it should be repaired as quickly as possible during convalescence. It is therefore most important to supply patients with enough protein, mineral salts and vitamins, and sufficient Calories to meet their needs.

DIETS FOR INVALIDS

Milk, eggs, fresh fruits or fruit juices (for instance oranges, grapes, or lemons), and some form of sugar or proprietary carbohydrate food, form the basis of most invalid diets.

It should be noted that milk is a poor source of iron, and if a patient is kept for a long time on a diet consisting almost entirely of milk reinforced with carbohydrate he will tend to become anæmic unless some form of iron is

administered. Patients suffering from diseases requiring a high calcium intake, *e.g.* hyperthyroidism, should be given a plentiful supply of this element in their food.

How to choose a menu for invalids. Some patients treat their food more seriously than those who are able to go about their affairs normally. Others take no interest in food whatever. It is essential, therefore, to devote special attention to the flavour and appearance of the food, as well as to its digestibility.

There should be as much variety from meal to meal and from day to day as possible. Some patients enjoy the meat and savoury type of food better than sweet dishes, while others prefer the latter. Foods suitable for invalids may be flavoured to suit either taste ; for instance, a savoury custard made of egg and milk and flavoured with meat extract may be substituted for a sweet custard, and cream of potato soup is similar in nutritive value to milk pudding.

An adult is not likely to enjoy rice pudding when he is ill if it is the one food above all others that he has loathed since childhood, and it will do little good to force him to eat it. Dislikes, however, are sometimes due to prejudice, and wholesome food may be persistently

refused for no other reason. If it is an important vehicle of nourishment, *e.g.* milk, the food should be disguised in flavour and appearance so that the patient is tempted to take it.

Dainty service is important for patients whose appetite is poor. Small portions tempt them gradually to second helpings, whereas a larger serving might spoil the appetite. For those with good appetites, on the other hand, it will only be annoying to be given tiny portions, and it must be the business of nurse, dietitian, or cook to serve whatever portion is suitable for the individual patient.

The colour of the food may be important in stimulating the flow of digestive juices, and therefore of improving digestion. If there are several courses, each should be of a different colour to avoid monotony. For instance, if a patient is only allowed white fish, milk dishes, and fruit juices, a menu could be made up of strained tomato soup, fish with white sauce, with a sprig of parsley for decoration, followed by chocolate blancmange.

The digestion of starchy foods is begun when they are mixed with saliva in the mouth ; hence the importance of good mastication. Provided a patient has teeth that are in good condition, hard foods such as rusks, biscuits, and cold

buttered toast will be better digested than soft fresh bread, cake, or hot buttered toast.

DIET IN FEVER

Fluid diets. Patients with fever cannot usually take more than 6 to 8 oz. of food at a time, especially if they are fed two-hourly, and it is generally a mistake to press them to have more. During the night they should not be awakened to be given food, but should be fed when they wake. This prevents unnecessary restlessness, which saps their energy, and serves no useful purpose.

Feverish patients should take at least 3,000 c.c. (5 pints) of fluid during the twenty-four hours. Each drink should, as far as possible, be made a vehicle for Calories, protein, vitamins, and mineral salts. For this reason meat juice and extracts, beef tea, and clear soup should be avoided as they have no appreciable food value and are only useful owing to the pleasant flavour which they can impart to food or as a stimulant of appetite for foods containing nourishment. For fluid diets suitable for feverish patients, see p. 165.

If a patient has an ulcerated sore throat, as in scarlet fever, lemon and other acid fruit juices must be avoided.

The use of alcohol in fever. Alcohol is nowadays seldom used in fever, though most physicians still recognise it to be of great benefit in certain cases. Its real value is as a narcotic and not as a stimulant. It allays anxiety and distress and promotes rest and sleep.

It is generally recognised that those who habitually take alcohol in moderate or large amounts should be allowed to continue to have it, provided its use is not definitely contra-indicated. Heavy drinkers generally fare better if their diet allows moderate amounts of alcohol.

Care of the mouth. During fever, distaste for food is often increased by the condition of the mouth, the furred tongue making all food unpalatable. If this is the case, the patient's mouth should be carefully swabbed out with a solution of sodium bicarbonate before and after feeds, or this may be used as a mouth wash.

DIET IN TYPHOID FEVER

Owing to the long duration of the fever and the raised metabolic rate, a high calorie diet with plenty of fluids is of the utmost importance in maintaining the patient's strength during the course of the disease, and in shortening the period of convalescence. Two-hourly feeds are usually most satisfactory, and the fluid feeds

providing 2,500 Calories a day (p. 165) are suggested for the initial stages. As soon as the patient is willing to take more solid food he may be encouraged to do so. The diet on p. 181 is suitable. In the final stages the diet on p. 179 may be used.

SEMI-SOLID DIETS

As the patient progresses and becomes able to take solid food, toast or bread and butter, rusks or plain biscuits, may be added to the fluid diet. Stewed or fresh fruit, from which the skins and pips have been removed, may be taken, as well as boiled, poached, or scrambled eggs, milk puddings and custards, cereals and gruels. A choice of these will suffice for dinner until the patient is well enough to take fish, chicken, rabbit, etc.

At this stage some of the glucose or cream given in the fluid diet may be omitted if there is no need to increase the Calories.

DIET IN CONVALESCENCE

A convalescent patient should take food which is rich in protein and vitamins and which is readily digested, avoiding such foods as tough meats, suet puddings, rich pastries and cakes. The diet shown on p. 158 would be suitable.

If there has been loss of weight a high Calorie diet (p. 147) will be necessary. The low residue diets (p. 179) can be adapted for such cases by adding extra feeds.

DIET IN CASES OF FRACTURE

In cases of fracture of the lower limbs, where otherwise healthy persons are confined to bed, sometimes for many months, it is necessary to consider the type of diet most suitable.

It has recently been shown that marked loss of body protein occurs in these cases, beginning within a day or two following injury, reaching a maximum within ten days and then slowly declining. It has been shown that a diet rich in animal protein and of high calorific value considerably modifies this loss.

On the other hand, if such patients continue to eat high or even normal Calorie diets they will tend to put on weight, since their physical activities must of necessity be restricted to a minimum.

Dietary treatment of cases of fracture, therefore, consists in a high Calorie, high animal protein diet for the first few weeks after injury, followed by a diet providing about 1,400 to 1,600 Calories a day until the patient is able to resume his usual activities. The nature of the

diet should be similar to that appropriate to a healthy person of the same age, and liberal amounts of calcium, phosphorus, and vitamin D should be given.

In cases of fracture where the patient is not confined to bed a normal diet should be given, special attention being paid to a liberal supply of calcium, phosphorus and vitamin D.

DIET IN DISEASE OF THE HEART

For dietetic purposes, heart diseases may be divided into two main types :

- (a) Acute heart failure.
- (b) Gradual heart failure.

(a) **Acute heart failure.** This may attack adults of any age. In the acute stages small feeds should be given five times in the day and once during the night. Each feed should consist of about 5 oz. of milk with cream, junket, jelly, and other light dishes. A sufficient amount of carbohydrate in a form easily assimilated is necessary, and for this purpose glucose is extremely useful. If œdema is present a low salt diet (see p. 242) may be advisable.

As the patient improves, white fish may be given, and fluid should be taken between meals in the form of water or orange juice. Later, meat

and vegetables may be added. Even after the patient has recovered it is best to drink half an hour before meals, not with them, and bulky meals and all excess of food should be avoided. The Karrell diet (p. 155) is also sometimes used.

(b) **Gradual heart failure.** This usually occurs in old people and may be accompanied by raised blood pressure and anginal pains. The diet here follows no hard-and-fast rules, but should supply sufficient nourishment while placing the least possible amount of work upon the heart.

Patients with heart disease must avoid bulky and indigestible meals. The food should be plain, and taken in small amounts at fairly frequent intervals. Excessive amounts of fat and protein at the same meal should be avoided. Trouble is often caused when a large meal is taken just before bedtime. The diet should contain plenty of easily assimilable carbohydrate, and small amounts of sugared drinks or sweets may be taken between meals if the patient is normal in weight.

If the patient is overweight a cautious reduction of the excess is one of the objects to be achieved, since the task of nourishing the superfluous flesh is merely giving unnecessary work to the heart. A reducing diet (see p. 152) should

be given, but large portions of cabbage or other coarse vegetables should be avoided. For patients in bed the Karrell diet (p. 155) may be used.

Some physicians prescribe diets with low protein content (p. 238). If oedema is present a low salt diet (p. 242) may be given. There is no need to restrict fluids if the diet really contains very little sodium chloride.

CHAPTER V

DIET IN DISEASES OF THE ALIMENTARY SYSTEM

DIETETIC measures are, generally speaking, most important in the treatment of disorders of the digestive tract, and some diseases are improved, or even cured, by careful attention to diet alone. For purposes of discussion, diseases of the alimentary system may be classified according to their site.

DISORDERS OF THE PHARYNX

(a) **Sore throat, post-tonsillectomy, tubercular laryngitis, quinsy.** These disorders are treated by a soft non-irritating diet which may be easily swallowed. The diet should consist mainly of milk and other fluids, which should not be taken hot, eggs, porridge, gruel, junket, custard, jelly, and ice cream. Minced meat or fish, and stewed or very soft raw fruits may be given as soon as they can be swallowed. After tonsillectomy great care must be taken that no hard pieces of food reach the throat. Barley sugar and hard sweets must be avoided, and

care must be taken that the pips of grapes, etc., are not swallowed. Salt foods and acid drinks should not be given.

(b) **Bulbar palsy.** In bulbar palsy the muscles of deglutition become paralysed so that swallowing is very difficult. Fluids regurgitate, and dry solids cannot be swallowed, so that only a semi-solid diet such as that shown on p. 164 will pass satisfactorily down the œsophagus.

DISORDERS OF THE ŒSOPHAGUS

(a) **Carcinoma.** The whole object of dietary treatment of carcinoma of the œsophagus is to supply the maximum possible amount of nourishment through a gradually stenosing ring of malignant growth. At first an ordinary soft diet can be given but later, as the passage becomes smaller, a high calorie fluid diet must be supplied (see p. 165). Its basis is milk, reinforced with glucose or other sugar, cream, and raw eggs. Fruit juices to supply vitamin C, some source of vitamin B, and salt should be given. Tube feeding may be resorted to, and high calorie feeds suitable for the purpose, or for gastrostomy cases, are given on p. 167.

(b) **Achalasia.** Here a semi-solid diet, similar to that used for bulbar palsy (p. 164), should be employed.

DISORDERS OF THE STOMACH

Patients suffering from disorders of the stomach have often become progressively malnourished before their disorder is treated. Special attention should therefore be paid to the supply of vitamins and minerals, as well as of calories. Small, regular amounts of sodium chloride should be given (about 5 grams a day). The improved results which are obtained with more nutritious diets in the early stages of gastric and duodenal ulcer have been clearly demonstrated. The slightly larger soft bulk eaten does not hurt the ulcer, and the improved nutritional condition of the patient enables him to recover more surely and rapidly.

(a) **Simple hyperchlorhydric dyspepsia.** Diets for simple hyperchlorhydria, without any organic lesion, are based on the same lines as those for gastric or duodenal ulcers, but being less drastic they resemble those given for convalescent ulcer patients.

The principle of treatment is to give small meals at frequent and regular intervals. The food should be plain and unexciting, and, since the object of the treatment is to reduce the flow of hydrochloric acid into the stomach, all stimulants to gastric secretion such as season-

ings, meat extracts, alcohol, and acids like vinegar and lemon juice, should be avoided. Mechanical irritants, stalks, husks, and pips, must be forbidden. Diets suitable for this condition are given on p. 176.

(b) **Simple hypochlorhydric dyspepsia.** Abdominal discomfort after taking meals may be due to an insufficient secretion of hydrochloric acid into the stomach, though hypochlorhydria does not necessarily lead to dyspepsia. It has recently been shown in an investigation on normal, healthy students that 4 per cent. of them had achlorhydria, yet they had no symptoms of indigestion.

If the discomfort can be traced to hypochlorhydria, small meals should be given, and fluid should be taken *between* meals and not with them. The food should be sufficiently tasty to stimulate the flow of gastric juice, and doughy foods should be avoided. Examples of suitable diets are given on p. 169.

(c) **Gastric or duodenal ulcer.** The object of medical treatment of gastric or duodenal ulcer is to maintain the stomach as far as possible in a state of comparative rest and in an almost alkaline condition for a sufficient length of time to allow the ulcer to heal. To these ends, belladonna may be given to reduce the muscular

movement of the stomach and to depress secretion, and alkalis are often administered to neutralise the hydrochloric acid which is secreted. Smoking should in all cases be forbidden as it tends to stimulate gastric secretion.

The object of the dietary treatment is to irritate and stimulate the stomach as little as possible, and at the same time to supply sufficient protein to "buffer" the acid that may be secreted. The diet consists of non-irritating food, at first in fluid or soft form such as egg and milk or milk puddings, and purées of apple and other fruits, given at frequent intervals.

It is important that during the first stages of treatment the patient should be in bed. It must be emphasised that there is no routine treatment for gastric ulcer, either dietetically or medically, though the principles outlined above always form the basis of treatment. The more each individual case is treated on its own merits the better.

There are several types of gastric ulcer diets in common use. One is based on Lenhart's treatment (see p. 171), and depends upon the feeding of eggs, milk, and sugar or glucose at two-hourly intervals by day and four-hourly by night.

The Sippy type of diet gives a larger amount of fat with a view to depressing the

secretion of hydrochloric acid. It provides less carbohydrate than the Lenhartz diet, but it includes a good supply of digestible protein. It consists essentially in the hourly administration of equal parts of milk and cream.

A diet for the first three weeks of gastric ulcer treatment, which may also be used as an interim diet during investigation, or for use in a diagnostic test, consists in small two- or three-hourly feeds composed of one or more of the following foods : Milk, cream, sugar, stale white bread or dry biscuits, butter, eggs, junket, jelly, custard, milk pudding, ice cream, or proprietary infant or invalid food, with fruit and vegetable purées if desired. Examples of the arrangement are given on p. 174.

This newer form of diet, which patients often find more palatable, even when they are very ill, is based on the discovery of Meulengracht that patients suffering from gastric or duodenal ulcer could be given soft solids, including such foods as milk puddings, mashed potatoes and pounded fish immediately after hæmatemesis without ill effect. A diet based on these principles was introduced at St. Bartholomew's Hospital by Professor L. J. Witts and is given on p. 174. Its advantages over previous types of diet are that it supplies more Calories, increases

the fluid intake of patients who are often dehydrated by hæmatemesis and vomiting, and gives a wider variety of flavour and texture.

For patients at home arrangements for frequent feeding are facilitated by the use of a thermos flask. If the family is not in a position to give the patient constant attention, feeds can be kept in the flask, and the patient himself can take a portion from it every two hours and during the night. At night time a thermos is invaluable, as the patient can take a drink of warm milk and water on waking without being unnecessarily disturbed.

(d) **Convalescence from gastric or duodenal ulcer.** The diets on p. 176 are intended for patients resuming normal activities. Food should be taken at regular and frequent intervals, two-hourly at first, and later every three hours. Between the four main meals there should be snacks consisting, for example, of biscuits and a milky drink. At first the meals and "snacks" should be of approximately equal size. All irritating foods should be avoided, such as pips and skins of fruit, apple core, brown bread, husks of oatmeal, etc. Patients should sit still during their meals and should not rush about immediately afterwards. A housewife, for example, may

have to take some biscuits and milk before getting up, and postpone her breakfast until the rest of the family have had theirs. She should not wash up immediately after a meal. For those who work away from home it is usually possible to secure five minutes or so between meals for the necessary "snack," which may consist of one or two biscuits. Those who travel a great deal, and those who have social engagements to keep, must plan for themselves schemes whereby the hours for feeds are always observed, and some suitable food taken at similar hours every day. For these a packet of biscuits in the pocket or handbag, to be eaten in the car or train, are the best insurance against a recurrence of the discomforts of hyperchlorhydria. The feeds must not be very warm nor very cold. Alkaline medication is often used with each type of diet unless hypochlorhydria is present, and olive oil is sometimes given before the main meals and last thing at night. As a gastric ulcer diet usually contains very little vitamin C, 2 to 6 ozs. of fresh, strained orange juice, or ascorbic acid tablets must be given daily between feeds. If a patient has been for some time on a milk or other diet deficient in vitamin C, he should receive large doses of ascorbic acid until tests show that he

is saturated with this vitamin. Regular, small drinks of water (3 to 5 ozs.) should be given between meals when fruit juice is not taken.

Patients who have suffered from disorders of the stomach must realise that these will probably tend to recur. They must therefore take certain precautions very seriously if they are to avoid the breakdowns so often seen in patients who have had gastric or duodenal ulcers. For the rest of their lives they must take meals at frequent, regular intervals of three, or at most four, hours, regardless of inconvenience, and they must avoid long waits for meals, even if these occur only occasionally. A piece of chocolate or a biscuit should be taken if it is impossible to have a meal at the usual time. They must never overload their stomachs with bulky foods such as large helpings of cabbage or salads, nor with quantities of mixtures slow to leave the stomach, such as protein and fat, *e.g.* fat meat, suet pudding after a large meat or fat fish course.

(e) **Carcinoma of the stomach, chronic gastritis of pernicious anæmia, arsenic, or other poisoning.** Here the diet must contain the maximum possible amount of nourishment in a concentrated, light, non-irritating form. All kinds of roughage must be avoided and small

meals should be given at frequent intervals. The diet should consist mainly of milk reinforced with carbohydrate such as Benger's or other invalid food, eggs, custards, jellies, junket, etc. Details are given on p. 158.

DISORDERS OF THE SMALL INTESTINE

(a) **Idiopathic steatorrhœa.** Sprue and cœliac disease. Adults suffering from sprue, or children suffering from cœliac disease, are able to digest fats in the normal way, but they are unable to absorb the products of digestion. Their motions are, therefore, full of fatty acids. These disorders are frequently accompanied by a type of anæmia very similar to pernicious anæmia, and tetany may occur as a result of poor calcium absorption.

Dietary treatment in all cases of idiopathic steatorrhœa consists in the gradual building up of a diet, starting with one which is nearly fat free, and which consists largely of skimmed milk and glucose, and working up to an ordinary diet in about a year. Marmite or Yeastrel, or liver extract should be given for the anæmia, and a vitamin A and D concentrate. It may be advisable to omit starch from the diet as this tends to ferment in the digestive tract. In

some cases of sprue a high protein low fat diet has proved to be most successful ; see p. 198.

The general diet for idiopathic steatorrhœa may have to be modified for children suffering from cœliac disease, as the response to dietary treatment varies widely. Some patients can tolerate nothing but protein foods such as lean meat and fish and skimmed milk ; others can also take carbohydrate in the form of bananas or glucose.

(b) **Lienteric Diarrhœa.** Small, dry meals should be given, and no drink should be taken with food. The food should never be very hot, and should contain as little roughage as possible. For suitable diets see p. 179.

(c) **Typhoid Fever.** See p. 67.

(d) **Jejunostomy.** Suitable feeds are given on p. 167.

DISORDERS OF THE PANCREAS

Chronic pancreatitis, obstructions to pancreatic duct. Here the secretion of enzymes by the pancreas is apt to be deficient, and therefore the parts of the digestive processes for which they are responsible may be ineffectively carried out. The digestion of fat is most likely to suffer, but also the digestion of protein and starch. Even when the digestion of fats is incompletely carried out, however, protein and

starch may be relatively well tolerated and, of the three, starch is least likely to be affected.

Dietary treatment is difficult, since fat must be avoided, and it may be necessary to omit starch and meat as well. The diet should consist mainly of skimmed milk, sugar, and fruit. Peptonised protein foods may be found to be of value in some cases. A suggested diet is given on p. 194.

BILIARY DISEASES

(a) Acute cholecystitis

Here the utmost dietetic rest is necessary. The diet should be exceedingly light, including plenty of fluids reinforced with glucose (see p. 164).

(b) Chronic cholecystitis, or other gall-bladder diseases with or without gallstones

The essentials of diet for chronic cholecystitis are small, equal, and regular meals. Mixtures of fats and starches should be avoided, and coarse, irritating bulky foods should not be given. The cookery should be as plain as possible, and the patient should refrain altogether from such foods as buttered toast, potatoes mashed with butter, white sauce, and fried foods and pastries. Bread and butter is sometimes quite well tolerated. The diets suggested on p. 158 may be used.

Cholesterol-free diets are frequently prescribed for patients suffering from gall-stones. They are difficult to construct, and of doubtful value, since cholesterol is synthesised in the body far more easily than it is absorbed from the food.

LIVER DISEASES

The liver plays an extremely important part in the digestion and metabolism of foods, and its functions are many and various. It is concerned with the metabolism of carbohydrates, proteins, and fat. Hence there may be different disorders of the liver which interfere with one or more of the important digestive functions, and dietary treatment must be arranged according to the type of disease.

(a) **Liver degeneration.** Here there is actual cell damage, and the patient should be given a diet high in carbohydrate. Fat need not be restricted, but it has been found by experience that meat should be avoided, and the total protein should not exceed 50 grams a day. It has also been shown that patients with liver degeneration are greatly benefited by a high calcium intake. This may be supplied partly from the food, but medicinal calcium is often prescribed as well. Suitable diets are shown on pp. 196-197.

(b) **Obstructive and catarrhal jaundice.** These should be treated by low fat diets. As fat supplies more than twice as many Calories per gram as carbohydrates or protein, a low fat diet will become a very low Calorie diet and the patient will lose weight unless extra carbohydrate foods are added. The low fat diets on p. 185 are practically fat-free. It is often more convenient to prescribe a basic diet containing no fat, and to add small amounts of fat in the form of butter, eggs, or cream as required, than to arrange diets containing various amounts of fat.

(c) **Liver degeneration with obstructive jaundice.** If obstructive jaundice is prolonged the liver becomes damaged, and here a combination of the two types of diet already described is required, *i.e.* high carbohydrate, low fat, reduced protein, and no meat. Satisfactory diets fulfilling these requirements are difficult to arrange, but a suggested one is given on p. 185. Glucose lemonade is extremely useful in such cases.

(d) **Cirrhosis of the liver.** A light, easily digested diet should be given. See p. 158.

DISORDERS OF THE COLON

(a) **Constipation**

The dietary treatment of constipation depends entirely upon its cause.

1. **Cæcal stasis.** This type of constipation is treated by increasing the bulk of the fæces, and therefore by increasing the roughage in the diet. Roughage is derived mainly from whole cereals, brown bread, oatmeal, vegetables, and some fruits (see Table, p. 343). Typical high residue diets are given on p. 182.

Plenty of fluids should be given, and some authorities consider that an increased supply of vitamin B may be beneficial. There is a popular belief that certain foods are "constipating." No satisfactory evidence exists on this point, and patients who have given up milk puddings, cheese, and eggs under the impression that they were "binding" seldom seem to have become less constipated. They are, however, often less well-nourished as a result of their deprivation.

2. **Spastic constipation.** This is frequently treated by giving a low residue diet in order to rest the colon as much as possible. A lubricant such as liquid paraffin is often prescribed. (See p. 179.)

3. **Rectal stasis.** This condition is not benefited by dietetic treatment.

(b) **Diarrhœa**

1. **Acute diarrhœa with or without vomiting.** Sudden acute upset of the digestive system with

diarrhœa and vomiting is treated dietetically by giving no food at all for the first twenty-four hours. Plenty of water should be administered, and saline should always be given subcutaneously or intravenously in severe cases, to make good the loss of water and sodium chloride in the vomit and the fæces. Then glucose water or albumen water may be given by mouth and diluted milk, eggs, and jelly as the patient improves. Later biscuits, butter, proprietary invalid foods and puddings such as custard, blancmange, and junket should be added. Finally, a low residue diet (see p. 179) should be taken until health is fully re-established.

2. **Chronic diarrhœa.** Patients suffering from chronic diarrhœa must avoid all foods containing cellulose (roughage). Food should not be too hot nor too cold, and the meals should be small. If the patient is troubled with flatulence starchy foods should be restricted, and if the stools are offensive it may be advisable to give no meat. The diet should be based on eggs, milk, jelly, junket, custard, fruit juice, steamed fish, clear soup, etc. A vitamin B concentrate may prove useful. For the convalescent stages a low residue diet (see p. 179) should be given. It should be increased in quantity and nature until a full diet is tolerated.

(c) Colitis

1. **Ulcerative colitis.** A diet without roughage is essential in colitis, but plenty of food should be given since patients suffering from colitis usually lose weight. A suitable diet is given on p. 179. It consists mainly of milk, milk puddings, eggs, toast, stale white bread, biscuits, butter, steamed fish, mashed potatoes, etc. Plenty of water should be given, and well-strained raw fruit juice, such as lemon, orange, or tomato, should be served daily to supply the vitamin C.

2. **Mucous colitis.** Opinion as to the dietary treatment of mucous colitis varies. Some physicians prescribe a low residue diet (see p. 179), and others give roughage in moderate amounts (p. 158).

CHAPTER VI

DIET IN DIABETES

DIET in diabetes is nowadays planned to suit a lowered tolerance for carbohydrate, whilst giving adequate nutrition from every point of view. With insulin at hand, diabetics can be fed according to the ordinary rules of physiology. A diabetic to-day is not an invalid ; he is usually up and about, doing his normal work, and he needs food which will maintain him in full health and vigour. In the case of children it is especially important that the diet should be adequate from the start, and the general principle to be followed is to give diabetics diets as nearly as possible like those appropriate to healthy people of a similar age and occupation.

Insulin. Three kinds of insulin are now in general use, and a summary of the different strengths in which they are sold is given on p. 106.

1. *Ordinary insulin*, discovered by Banting and Best in 1922, revolutionised the treatment of diabetes. It is made from the pancreas of animals. Its maximum action in reducing the

blood sugar is reached about four hours after injection, and it is therefore often given both morning and evening in order to secure control during a great part of the day.

2. *Retard or protamine insulin*, introduced by Hagedorn in 1936, has a much more prolonged action than ordinary insulin, the maximum effect taking place six to twelve hours after injection. It is a compound of insulin with a protamine prepared from fish roe.

3. *Protamine zinc insulin* is a combination of protamine insulin with a small proportion of zinc. Its action is still more prolonged than that of retard insulin, and it suits certain patients better.

Owing to the delayed action of the two kinds of protamine insulin it is sometimes necessary to give a dose of ordinary insulin at the same time as the slow-acting insulin in the morning. This can be done in one injection from an insulin syringe.

In pre-insulin days the usual dietary treatment for diabetics was preliminary starvation for a few days, followed by the administration of a low carbohydrate, high fat diet until the carbohydrate tolerance was reached. Such treatment generally led to under-nutrition. With the introduction of insulin under-nutrition

was no longer necessary, but the tendency to give low carbohydrate high fat diets remained for some time. Examples of these are readily available in the older books and are not given here. With such low carbohydrate diets it was absolutely essential to weigh all the food.

As time went on most physicians recognised the advantage of higher carbohydrate diets, and in the case of children they proved to be a necessity. With these diets the proportion of fat could be reduced, and many doctors now prescribe diets in which only the carbohydrate is accurately measured or weighed, and the protein and fat are left to the patient's own choice. This may seem an unwarranted relaxation, but experienced physicians are satisfied that it makes insulin control no more difficult, and there are great advantages in the diminished restriction to which the patient has to submit.

Other physicians, however, still consider that the importance of securing a definite relationship between fat, carbohydrate and protein, make it preferable to weigh the whole diet.

THE PLANNING AND CALCULATION OF DIABETIC DIETS.

The arrangement of carbohydrate in a diabetic diet depends on whether the patient needs

insulin or not, and if he does require it which of the three types, ordinary, protamine, or protamine zinc, are used. If no insulin is required, as is often the case with elderly or obese patients, the carbohydrate should be divided evenly between the day's meals. With ordinary insulin, since the maximum effect of reducing the blood sugar occurs about four hours after injection, more carbohydrate should be given in the meals after the injections than between them. If there are two injections, morning and evening, lunch should contain less carbohydrate than breakfast, and tea less still, since the effect of the last injection will have disappeared by then. If a morning injection only is given, most carbohydrate (about a third of the day's allowance) should be taken at breakfast, and less and less carbohydrate eaten at the subsequent meals. Diets for use without insulin and with ordinary insulin will be found on pp. 210-218. If protamine (retard) or protamine zinc insulin is being used, the arrangement of carbohydrate is usually made by the physician, and patients must be treated individually. Overdoses may be expected ten to twenty hours after the insulin has been given, and some doctors prescribe carbohydrate late in the day, or even at bedtime, to prevent nocturnal hypoglycæmia.

Diets for use with protamine and protamine zinc insulin are given on pp. 215-218.

Diets with weighed carbohydrate, protein, and fat. These diets are built up, as far as possible, on food portions giving 5 or 10 grams of carbohydrate, 7 grams of protein and 7 grams of fat or multiples of these. The tables of food values on pp. 334, 338, and also the general tables, p. 301, will enable those looking after diabetics to vary the calculated diet by substituting one 5-gram carbohydrate portion for another. Protein and fat portions may be similarly varied.

In calculating a diabetic diet, the carbohydrate should be dealt with first. The amounts of foods required to make up the prescribed carbohydrate should be written down, and the protein and fat in each food added. The quantities of food needed to obtain the total amount of protein should then be filled in, and, lastly, butter and cream should be used to make up the fat.

Sometimes rearrangement may be necessary before the totals will come right. It may, for instance, be found that enough butter cannot be allowed for the amount of bread. It will then be necessary to omit some fat food, such as bacon or fat fish, and substitute those containing less fat, such as egg or steamed white

fish. In some hospitals it is customary to make the total figures correct to within 0.5 gram above or below those prescribed if the diet is calculated and weighed in grams, and to within 2 grams if the amounts are reckoned and weighed in ounces. The variation allowable would be decided by the physician. In all cases the composition of foods is, of course, given in grams.

If the patient is receiving insulin, whether once, twice, or three times a day, it is most important that he should weigh all his food until he has learned to judge the weights correctly. In any case the food should be weighed for a few meals once a fortnight or so to prevent any errors creeping in. The diet should also be weighed for some days every time it is altered. It is probably wisest always to weigh the concentrated carbohydrate foods, bread, toast, etc., and to guess only the protein and fat foods, and the bulky carbohydrates.

Patients should understand that they *must* take the correct amounts of carbohydrate foods at the prescribed meals, but that protein and fat foods may be divided among the meals as desired, provided the daily totals are correct. The times of meals may be varied within reason, provided that insulin, if used, is taken at what-

ever times before meals it has been ordered by the doctor.

The Line Ration Scheme. The *Line Ration* diet scheme devised by Dr. R. D. Lawrence, and reprinted by the courtesy of Messrs. H. K. Lewis, greatly simplifies the calculation of the diabetic diet. Each black line contains 10 grams of carbohydrate and each red line $7\frac{1}{2}$ grams of protein and 9 grams of fat. The physician prescribes the desired number of black and red portions, the red lines usually being less in number than the black lines, and the patient has only to choose his foods and to weigh them accurately. Further details and examples are given on p. 204.

Diets with weighed carbohydrate. Some physicians find it satisfactory to prescribe only the amount of carbohydrate, and leave the protein and fat foods to the patient's own choice and appetite. The *Line Ration* scheme may be employed but the number of black lines only are prescribed, and foods printed in red are allowed in average helpings. If this is done, care must be taken that sufficient only is eaten to reach or maintain the weight desired for the patient. An example is given on p. 207.

Diets with measured carbohydrate. In mild cases of diabetes, where the patients are elderly

or stupid, but have regular dietary habits, qualitative restriction of carbohydrate to an approximate figure may be all that the patient requires or can carry out, and better clinical results may be obtained, even with insulin, than by false reliance on more accurate methods. Lists of foods which are allowed in unlimited quantities are given on pp. 208, 337. Carbohydrate foods are prescribed in tablespoons, teaspoons, or in the case of bread, by measure. Further details of this method of diet prescription are given on p. 208. This method, though it works well in cases selected by the skilled specialist, should not be allowed to take the place of accurate dietary treatment unless it is impossible to explain more exact and varied diets to the patient.

Diet for diabetics during illness or after operation. In cases of illness, or in an emergency, the correct amount of carbohydrate must be given at all costs, but it is usually unnecessary, if the patient is on a weighed protein and fat diet, to attempt to adhere strictly to measured amounts of these. The fat intake should be reduced as there is a risk of ketosis when diabetics are ill.

Fluids must be given where patients cannot take solid food, and ordinary sugar, glucose, or

lactose may be used to supply carbohydrate in concentrated form. Milk, sugars, and fresh fruit drinks, Ovaltine and Bournvita, eggs where possible, and flavourings of tea, coffee, Marmite, Yeastrel, and meat extract form the basis of fluid diets for diabetics. Horlick's Malted Milk is often tolerated particularly well. For fluid diets see pp. 228-232.

Since diabetic patients have usually lost the taste for sweet foods, glucose or lactose may be more acceptable than ordinary sugar. Even the sweetness of glucose may need to be disguised by lemon juice. The amounts of carbohydrate must be similar, meal by meal, to those taken in health. This is particularly important for patients taking insulin. If the patient is very ill his feeds must be given at two-hourly or even hourly intervals. If insulin is being given at the usual times, care must be taken that the amounts of carbohydrate during the day are divided in the same way as in the ordinary diet.

Emergency diets. In cases of emergency, where a known amount of carbohydrate must be given without delay or where scales are not available, the list of food measures on p. 337 will be found to be of assistance.

Emergency treatment where patient cannot take food. If the patient is unable to take

any food whatever owing, for instance, to vomiting, and the previous insulin and food have been taken as usual, half the usual dose of insulin should be given and the physician consulted immediately. As the patient improves, bread or biscuits may be given in place of sugar, 1 oz. bread or $\frac{3}{4}$ oz. unsweetened biscuits being equal in carbohydrate value to $\frac{1}{2}$ oz. sugar or glucose (15 grams carbohydrate). (See pp. 228-232.)

Details of diets suitable for diabetics suffering from indigestion or diarrhoea are given on pp. 226, 227.

Diet for diabetics with tuberculosis. Diabetics, like other patients suffering from tuberculosis, need a diet providing more than the normal number of Calories, and should have an ample supply of foods rich in mineral salts and vitamins, especially milk. Suggested diets for tuberculous diabetics are given on p. 224, containing 250 grams of carbohydrate, and providing about 2,500 Calories. Should a patient receiving such a diet be too ill at any time to take it, a fluid diet (carbohydrate 250 grams) similar to those on p. 232 could be substituted.

Diets for diabetic children. The principles underlying the treatment of diabetic children are exactly the same as those for adults, but in

the case of children ample food must be supplied for growth as well as for maintenance. Estimated Calorie, protein, and mineral requirements of normal children of various ages are shown on p. 358. A diet supplying the full requirements should always be prescribed as soon as possible, and it should include at least 1 pint of milk per day. Cheese is an excellent source of calcium and phosphorus for children as well as adults, and may be given as cream or milk cheese to children who are too young to take the ordinary varieties. Typical diets for diabetic children are given on p. 221.

Diabetic children should learn to feel that their dietary restrictions are different from, but little more irksome than, those of other children. Nowadays diabetics have a very good choice of the foods which other children eat, with the exception of sweets, and they may be compensated for this deprivation by being given extra pocket money to spend on other coveted luxuries. In order to counterbalance any feeling of inferiority, diabetic children should be made to realise that they are a little cleverer than most people in knowing about the foods that suit them, and that they can exercise grown-up self-control in resisting the temptation to eat

or drink those which would not be good for them. The less they feel that their family and friends are sorry for them the happier the children will be.

“ Buffer ” meals. All diabetics having ordinary insulin, particularly children, should have extra carbohydrate before taking extra exercise in the morning in order to prevent too great a lowering of the blood sugar. Three-quarters of an ounce of unsweetened biscuits (*e.g.* three average water biscuits), $\frac{1}{2}$ oz. of sugar or barley sugar, or 1 oz. of chocolate, to supply 15 grams of carbohydrate, are often given about ten minutes before exercise such as riding or swimming. There is no danger from eating small amounts of biscuits or other carbohydrate foods before swimming, as they are very rapidly digested and absorbed. After afternoon exercise the additional carbohydrate should be taken with the tea or evening meal. The principle of “ buffer ” meals applies equally well to patients taking protamine insulin, but the physician should be consulted as to the times of day at which it is advisable to take extra carbohydrate.

Foods suitable for diabetics. It is no longer reasonable to lay down rules as to suitable and unsuitable foods for all diabetics. Nutritional

essentials such as animal protein, mineral salts and vitamins must always be secured in a suitable form. Nowadays, diabetic diets fall into two distinct groups, those low in carbohydrate (under, say, 150 grams), and often also low in Calories, and those containing 150 grams carbohydrate or more. People with hearty appetites on the restricted diets should not be given concentrated carbohydrate foods such as sugar, jam, cakes, fruit tinned in syrup, and bottled coffee, since they will not feel satisfied if they are given their ration of carbohydrate in this form. For them the food extras on pp. 208, 337 will add variety and bulk to the diet and should be considered in planning the menus. Simple home-made scones and cakes (recipes pp. 250-252) may be substituted for the bread allowed in the diet according to their carbohydrate content (see p. 336). Recipes for soups, savouries, and puddings are also given; for further recipes see Lawrence, *Diabetic ABC*.

Patients on higher carbohydrate diets, with normal appetites, as well as those with small appetites on lower carbohydrate diets may well feel satisfied, even though part of their food is in the form of more concentrated carbohydrates. The doctor, nurse, or dietitian should be most careful not to introduce them if the patient

lacks self-control over his diet or often feels hungry. School children, for instance, like to eat till they feel full, and would be made miserable if they were allowed sweet foods, which would necessarily be in comparatively small amounts only. If concentrated carbohydrate foods are used they must be weighed with the utmost care, as small errors in the amounts eaten, whether too much or too little, may have serious consequences.

The chemical composition of a number of everyday dishes is given in Table I, p. 301, and the amounts containing 5 grams of carbohydrate are shown on p. 336. In calculating diets in which these cooked dishes are included care must be taken that protein as well as carbohydrate is adequate. The dishes must be made carefully from the recipes (p. 250), from weighed amounts of ingredients.

The portions eaten should also be weighed frequently, otherwise serious dietary errors may creep in.

Food extras. Apart from foods containing known amounts of carbohydrate, protein, or fat, which are calculated into the diet, certain extras with practically no food value are allowed in reasonable quantities. A list of these is given on pp. 208, 337.

Special diabetic foods. Now that most diabetic diets are comparatively liberal, and provide bread at any rate in moderate amounts, bread substitutes are no longer necessary. They should be forbidden as extras since most of them contain appreciable amounts of carbohydrate, or of protein and fat. Should patients insist on eating them, their food value must be ascertained and reckoned into the calculated diets.

Diabetic cakes and sweets, with the exception of some jujubes, all contain carbohydrate or fat, and if taken must be allowed for in calculating the diet.

Sweetening. Saccharine may be used to sweeten beverages, puddings, and fruit. Half a tablet is sufficient for most people in a cup of tea, and there will be a bitter taste if more than one tablet is used. A pinch of bicarbonate of soda added before the saccharine to very tart fruits will counteract their acidity.

Proprietary jams, marmalades and jujubes for diabetics usually contain glycerine which forms sugar in the body. Provided these are taken in small quantities no harm will be done. They must, however, on no account be "made a meal of." Diabetics will find sugarless

marmalade on the whole more palatable than jams. There are several good makes on the market.

A recipe for home-made marmalade for diabetics is given on p. 288. As it is made with gelatine it will only keep a few days.

Overdoses of insulin. Patients should be taught to recognise overdoses of insulin, characterised by a feeling of giddiness, difficulty in speaking, shaking and trembling, and cold sweats. Children, and even adults, may become unreasonable, and often suddenly lose consciousness. Provided the patient is keeping carefully to his diet, and to the prescribed interval between insulin and meals, an overdose of insulin should be regarded as a good sign, showing that less insulin or more carbohydrate is required. The physician should always be consulted, and he will decide whether to reduce the insulin dosage or to increase the food.

Every patient receiving insulin must always carry sugar with him for use in case of an overdose of insulin. A safe rule is to put sugar in a pocket of every suit or in every handbag the patient possesses and never to take it out except for use or replacement. If he feels the symptoms of an overdose of insulin he should take a lump immediately.

NOTE ON THE SALE OF INSULIN IN GREAT BRITAIN

All insulin in this country is sold under licence granted by the licensing authority set up by the Therapeutic Substances Act, 1925, and all insulin supplied for use in Great Britain and Northern Ireland must conform to the standards of strength, quality and purity laid down in the Regulations made under the Act. Ordinary insulin, including the solutions prepared from the pure crystalline material, is issued in three strengths, viz., 20 units per c.c., 40 units per c.c. and 80 units per c.c. These are sometimes referred to as "single, double and quadruple strengths" respectively. Retard insulin and protamine insulin with zinc are issued in two strengths, viz., 40 units per c.c. and 80 units per c.c.

As insulin is labelled in units per c.c., and the strength is not otherwise indicated on the packet, it is most important to see that the kind used agrees with the doctor's prescription. A patient requiring an injection of 20 units of insulin, for instance, would take 1 c.c. of the 20 units per c.c. solution in his syringe, but only 0.5 c.c. of the 40 units per c.c. solution, or 0.25 c.c. of the 80 units per c.c. solution.

CHAPTER VII

DIET IN DISEASES OF THE KIDNEYS, GOUT AND RHEUMATISM

THE value of diet in diseases of the kidneys varies greatly. In some cases treatment by diet may be of temporary or permanent benefit to the patient, but the nature of the disease almost precludes anything in the nature of a cure by diet alone.

For dietetic purposes cases of nephritis may be divided into four classes, and the treatment of each involves some regulation of the amount or kind of protein taken.

ACUTE NEPHRITIS

This condition lasts only for a short time, and dietary treatment can therefore be concentrated on supplying fluids and reducing the protein metabolism in order to relieve the kidneys as far as possible. Fruit juices with plenty of glucose or lactose and cane sugar to taste, and barley sugar, supply sufficient nourishment during the first stages of the disease. Stewed and raw fruit and milk drinks may be

added later, and the patient can gradually proceed to a semi-solid and then to a solid diet (see pp. 165, 164, 158), avoiding meat and fish until convalescence is established.

CHRONIC NEPHRITIS WITH ŒDEMA BUT WITHOUT NITROGEN RETENTION

In this type of nephritis, where a great deal of protein is being lost through the kidneys and where the blood urea is normal, the logical treatment is a high protein diet. In addition to this, a low salt diet is often prescribed to relieve the œdema (see p. 242). Examples of high protein diets are given on p. 233. The Epstein type of high protein diet is low in fat as well as high in protein (see p. 235). If fat is not restricted this can easily be modified by adding butter, fat meats and fish, whole eggs and cheese to the menu. Salt is restricted as far as possible, just sufficient being allowed to make the food palatable. Fluid is also restricted to $1\frac{1}{2}$ to 2 pints per day.

If the patient is very œdematous a more strictly low salt diet may be desirable. In such cases protein may be administered in the form of "casein bread" and synthetic low-salt milk (see p. 293).

CHRONIC NEPHRITIS WITHOUT ŒDEMA BUT WITH NITROGEN RETENTION

In these cases the excretion of nitrogenous end products by the kidneys is very much impaired and part of the nitrogen is retained as urea within the patient's body. The treatment of this type of nephritis is, therefore, a diet low in protein and high in carbohydrate and fat. Typical low protein diets are given on p. 238.

As this disease is of long, usually of life-long duration, the general health and enjoyment of the patient must be considered, as well as the effect of the food on the kidneys. If a diet very low in protein is taken for any length of time the patient's own reserves of body protein may be depleted, and he will be less able to withstand the disease than ever. Not less than 40 grams of protein a day should be prescribed if the diet is to be used for a long time.

The question as to whether "red" meat is in itself more damaging to the kidneys than "white" has not yet been solved by the medical profession. The amount of purine, and extractives in red meat (with the exception of glandular tissues) is no higher than in white, and some physicians make no difference between them, provided digestion is good.

For less severe cases a diet with the total amount of protein not exceeding 60 grams a day may be satisfactory. Some physicians order alkaline ash diets. The body is usually sodium-deficient, and the advantages of an alkaline ash are presumably to reduce the sodium shortage. It is therefore most important to give sodium salts rather than calcium salts to make the ash alkaline. Alkaline diets can be constructed from the tables on p. 301. It may be noted that milk is the only alkaline food containing an appreciable amount of protein.

The clear-cut cases of nephritis already discussed lend themselves to dietary treatment, and benefit accordingly. Unfortunately a common clinical type of nephritis, especially in children, is a combination of the two types of chronic nephritis discussed above, each demanding exactly the opposite dietary treatment to that of the other. If nitrogen retention and oedema occur together then a diet low in protein and sodium chloride may be required. Such cases must, however, be treated individually.

ALBUMINURIA OF PREGNANCY

Patients suffering from albuminuria of pregnancy are often ordered a low protein diet

in order to allow the kidneys to rest as much as possible from excreting the products of protein metabolism. In the acute stages only fruit juices with plenty of glucose or lactose are usually given, followed later by a diet supplying about 30 grams of protein. This may be gradually increased by adding milk, eggs, and fish, according to the doctor's orders. Diets especially devised for this purpose are given on p. 239.

It is most important in these cases to ensure that the patient is receiving an ample supply of calcium, phosphorus, and iron to meet the demands of the growing foetus. It may be necessary to prescribe these medicinally.

GOUT

Dietary treatment of gout consists in reducing the purine intake as far as possible. Foods specially forbidden are meat extracts and cellular organs (see p. 342). The diet should be of a lacto-vegetarian type. Tea, coffee, and cocoa contain substituted purines and are forbidden by some physicians. Beverages made from cereals, such as Instant Postum, may be used. Alcohol is not allowed as it is thought to be a predisposing factor. Suggested diets are given on p. 199.

RHEUMATISM

Whilst diet may be of considerable importance in the treatment of rheumatic diseases, its sphere of usefulness is limited, and is usually directed towards the improvement of general health rather than towards the relief of the rheumatism itself. A sufficient intake of food essentials should be secured, with due regard to the maintenance or attainment of normal weight. If the patient is overweight, a reducing diet such as that shown on p. 152 should be given, and if underweight, a high calorie diet (p. 147) may be advisable. Constipation, hypochlorhydria, or anæmia should be treated with the appropriate diets (pp. 182, 169).

CHAPTER VIII

DIET IN DISTURBANCES OF MINERAL METABOLISM

LOW SALT DIETS

DIETS low in sodium chloride, commonly known as low salt diets, are frequently of great value in cases of kidney and heart disease where much œdema is present.

Recent research has indicated that it is the absence of sodium from the diet which is important, and not necessarily the absence of chlorine. If this is the case, then low salt diets of the future will be low sodium diets, and chlorides may be employed as salt substitutes. There are various preparations of salt substitutes now on the market, but since these usually contain sodium they should not be used.

The average daily intake of sodium chloride by a normal healthy person is about 10 to 15 grams. It is impossible to construct a diet containing no sodium chloride at all, but by careful selection of foods, diets may be devised

which contain not more than 0.1 gram of sodium chloride a day. If only a moderately low salt diet is required the choice of foods is far less restricted. A very low salt diet is not merely a diet in which foods are cooked without added salt, and the obviously salty foods, such as kippers and bacon, are excluded. A large number of foods, especially those of animal origin, meat, fish, cheese, milk, and eggs, which contain appreciable amounts of sodium chloride, should be entirely forbidden or strictly limited in the diet.

A low salt diet must consist to a large extent of fruit, and of vegetables cooked without added salt or soda. Salt-free bread must be used instead of ordinary bread, and salt-free butter should, of course, be given. Lists of foods allowed and forbidden are given on p. 244. An adequate diet is difficult to arrange, since the protein-containing foods must be excluded as they also contain sodium chloride. The greatest problem arises in the case of babies and young children whose food consists almost entirely of milk, and whose protein intake should be adequate for growth as well as for maintenance. For these cases a synthetic low-salt milk has recently been devised which has proved extremely useful in treating

infants with œdema, and has also been used with success for older children and adults. The preparation of this milk is described on p. 293. The casein in the milk has a slight flavour, but this is completely disguised in coffee and puddings such as rice pudding, blanc-mange, milk jelly, and custard-powder custard. In order to add protein to the diet without additional sodium chloride, salt-free bread containing 19 per cent. of protein can be made with the addition of casein to the flour (for recipe, see p. 293).

Cakes made with ordinary baking powder must not be given, since the baking powder contains sodium. Tartaric acid or yeast may, however, be used for scones, buns, etc. Short-bread biscuits made from flour, salt-free butter, and sugar are allowed.

It has been found by experience that the foods appreciated by patients on low-salt diets are foods which are not normally eaten with salt. Sweet foods, fruit (raw or stewed), jam, marmalade, honey, are usually preferred to saltless savouries. Raw tomatoes with pepper are sometimes appreciated, also mushrooms and onions fried in olive oil. Vegetables may be mashed with salt-free butter. No gravy of any kind should be given, but various

kinds of pepper add flavour to tasteless dishes.

Boiled sweets, barley sugar, and toffee prepared from salt-free butter, golden syrup, and sugar provide a little variety.

Typical examples of a strictly low salt diet, and one which is less restricted, are given on pp. 242, 243. The sodium chloride contents of these diets are 0.1 gram and 0.5 gram respectively.

DIETS IN ANÆMIA

Nutritional anæmias are due to a deficiency of one or other of the factors essential for blood formation. These anæmias may be divided into two main groups, pernicious anæmia, which is due to the failure of the stomach to secrete an essential enzyme, and anæmia due to iron deficiency.

Pernicious anæmia (Addisonian). Liver or minced hog's stomach are the most potent of all foods as a cure for pernicious anæmia. The necessity for taking large amounts of liver as a cure for this type of anæmia has fortunately become unnecessary, since concentrates of liver and of hog's stomach are now prepared commercially, and these have proved to be as

DISTURBANCES OF MINERAL METABOLISM 117
efficient as the fresh material in securing blood regeneration.

Anæmia due to iron deficiency. A deficiency of iron may result from at least three causes :

1. The consumption of a diet poor in iron-containing foods.
2. Defective absorption and utilisation of iron from the digestive tract.
3. Increased demands of the body for iron, due to blood loss, pregnancy, lactation, or infection.

Dietary treatment of this type of anæmia, whatever its cause, is always the same, and consists in increasing the iron intake. If the anæmia is severe, dietetic measures alone may be insufficient, and medicinal iron should be given as well. Foods rich in iron should be given in any case, so as to re-establish the habit of taking sufficient iron for the patient's normal requirements and thus help to prevent a recurrence. These consist mainly of liver, eggs, brown bread, and green-leaf vegetables. Black treacle and oatmeal are also good and cheap sources of iron. Copper is essential for hæmoglobin regeneration, but this also occurs in those foods which contain a plentiful supply of iron.

It has been found that in more than 80 per cent. of the cases of nutritional anæmia in women hypochlorhydria is also present. If hydrochloric acid is not present in the gastric juice the iron tends to be precipitated in the stomach, and in any case does not remain in solution long enough to be absorbed in the intestine. These patients should receive dietary treatment for hypochlorhydria, as well as for anæmia (see p. 169).

DIETARY TREATMENT OF LEAD POISONING

Lead once taken into the body is excreted only slowly and with difficulty, and it is the presence of lead in the blood which causes the symptoms of lead poisoning. Dietary treatment consists in giving a high calcium diet with adequate amounts of vitamin D. This encourages bone calcification and the lead in the blood stream is transferred to the bones along with the calcium. So long as the high calcium diet is continued the lead remains in the bones in an inert and harmless form and the symptoms of lead poisoning disappear. The diet should contain plenty of cheese, milk and green vegetables.

Some physicians still prefer to use the older treatment, consisting of alternate periods of

low and high calcium intakes. The low intake was combined with parathyroid therapy. The object of this was to produce a negative calcium balance. Some of the lead was removed from the bones, together with the calcium and some of this was excreted. This part of the treatment often gave the patient further symptoms of lead poisoning since lead was set free into the blood again. It was then necessary to give a high calcium diet for a time to transfer the lead from the blood into the bones again, and to re-establish calcium equilibrium. The procedure was then repeated. A low calcium diet suitable for this type of treatment is shown on p. 245.

DIETS FOR CALCIUM BALANCE EXPERIMENTS

These experiments are not a method of treatment but are used as a means of diagnosis. They are of great assistance in distinguishing between various types of bone disease, particularly if a parathyroid tumour is suspected. They are also used in other disorders of calcium metabolism, where information is required as to the absorption and excretion of calcium.

In normal health, on a low calcium diet (about 100 mg. a day), and when the urine is kept neutral or just alkaline, three-quarters of the

calcium taken in the food is excreted in the fæces and the remaining quarter in the urine. In cases of parathyroid tumour the amount excreted in the fæces may be unchanged, but the amount excreted in the urine is greatly increased, and may be four times the amount excreted in the fæces.

For the study of these balances the amount of calcium in the diet is carefully regulated, the excreta are analysed, and the results compared with those of normal excretion. Diagnosis depends upon the ratio of urine calcium to fæcal calcium under standard conditions. Usually diets are prescribed containing 100–300 mg. of calcium daily (normal intake of calcium 600 to 700 mg.). In some cases it is so arranged that the foods together yield a neutral ash. In others the acid base balance is not regulated, but sodium bicarbonate is given by mouth so that the urine has an alkaline reaction.

If an accurate balance of intake and output of calcium is required the diet must be prepared, weighed, and consumed with a degree of accuracy unnecessary in therapeutic treatment. The same scales must always be used for weighing the food, and the patient should eat out of the dish in which the food has been

weighed and cooked. A small casserole or pyrex dish is useful for this purpose.

It is always best to set aside a duplicate portion of all food for chemical analysis. Where this is not possible calculation of the calcium content of the diet must be made from reliable food tables, and those given at the end of this book may be used for this purpose. Actually, this method of calculating the calcium content of the diet may be extraordinarily accurate. In one case, for example, a diet was given which was calculated from these food tables to contain 127 mg. of calcium a day. Direct analysis of a duplicate portion of the day's food showed that it contained 125 mg.

Pure sodium chloride should be used instead of ordinary table salt. Where there is an appreciable amount of calcium in the tap-water, as in London, distilled water must always be used for drinking purposes, for tea, and even for tooth cleaning. The use of tooth-paste or powder must be avoided during a calcium balance experiment. Care should be taken to dry the crockery thoroughly after washing.

It is important for the patient to understand from the outset that the test will fail if he cannot get through his prescribed rations. There

should be a trial period of two or three days, during which it will be possible to discover what the patient will eat readily every day, and to make whatever changes are necessary in the dietary prescription. It is usually safer to give quantities which are too small rather than those which are too large.

Similar food must be prepared in the same way every day and given at the same meals, and every effort must be made to suit the patient's taste, as it is no easy matter for a sick person to eat similar food for two weeks or so. Any food refused must be weighed and its calcium content calculated. If this happens often, or if vomiting occurs, the attempt at balance must be regarded as a failure.

A diet containing 100 mg. of calcium is given on p. 245. A fondant (see recipe, p. 295) may be used *ad lib.*, but not barley sugar, since tap-water is used in its preparation.

TREATMENT OF CHRONIC HYPOPARATHYROIDISM WITH LOW PHOSPHORUS DIETS

During operations on the thyroid gland the parathyroid glands are occasionally inadvertently removed. This gives rise to parathyroid deficiency, a condition which may also appear spontaneously. In either case the serum

calcium falls far below its normal level. The acute symptoms of tetany which result are readily relieved by intravenous injection of calcium with or without simultaneous injections of parathormone. Once the parathyroids have been removed, however, they cannot be replaced, and some form of permanent treatment is necessary to maintain the calcium in the blood at a normal level. It has recently been found that a low phosphorus diet in conjunction with large doses of calcium lactate are extremely beneficial in such cases. The suggested optimal level of phosphorus intake is from 0.5 to 0.65 gram a day. The calcium intake should be 2 grams. A small proportion of this will come from the food, but this should be supplemented with 14 grams calcium lactate daily. A suitable low-phosphorus diet is shown on p. 246.

TREATMENT OF ADDISON'S DISEASE WITH LOW POTASSIUM DIETS

Addison's Disease, a disorder of the suprarenal glands, is characterised by a lowered renal threshold for sodium chloride and a raised blood potassium. Patients suffering from this disease are usually treated with cortin, the suprarenal hormone, together with about 15 grams of sodium chloride a day. This is usually taken in capsule

form. It has recently been shown, however, that such patients derive great benefit from a low potassium diet, and that the amount of the hormone may then be considerably reduced or become unnecessary.

A low potassium diet is given on p. 247, and a table showing amounts of food containing 0.05 gram potassium is given on p. 345. From this alternative diets may readily be calculated.

It will be seen that lean meat and vegetables in general have the highest content, whilst fats, sugars, and starches such as cornflour and tapioca have the lowest. By cutting meat or vegetables rather finely, and cooking them in a large volume of water, the amount of potassium can be reduced, and larger portions can therefore be taken by patients on low potassium diets. This treatment, however, tends to spoil the flavour, especially of meat, unless it is cooked in special parchment paper. See p. 296.

Meat or vegetables cut in small dice should be placed in the centre of a square of the paper, then tied up with clean, fine string, placed in a large saucepan or casserole of water, and cooked until tender. Salt and pepper can be used for seasoning. Ordinary gravy should not be used as it contains a good deal of potassium from the meat, but a special recipe is given on p. 296.

In calculating the diet, great care should be taken that it is adequate in all respects. It is very easy in a zeal for reducing potassium to make it deficient in protein, Calories, or vitamin B. The patient's condition and appetite must be the first consideration, and the amounts of food taken may have to be small at first, but with improvement in health a satisfactory and varied diet should be easy to devise; fats, sugars, and low potassium starchy foods must be used to make up Calories, and it is desirable to give a vitamin B concentrate regularly.

CHAPTER IX

DIETS FOR JEWISH PATIENTS

DIFFICULTIES sometimes arise because doctors or dietitians do not know what foods are allowed for Jewish patients who keep to their traditional and religious rites. These are comparatively simple, and almost any diet can be arranged to conform to them. All raw or cooked foods are allowed so long as they conform with the following regulations.

1. Meat and fowl must be killed by experts approved by the ecclesiastical authorities and prepared according to Jewish law. It is then called *kosher* (meaning "ritually fit").

2. Orthodox Jews will not take milk less than six hours after eating meat, but as no definite interval has been fixed by the Rabbis, many Jews would regard three hours as sufficient. Milk pudding, therefore, may not be taken after meat, but should be served after fish, while stewed fruit, pastry made with vegetable margarine, suet pudding, etc., are eaten after meat. Milk foods may be taken before meat, provided the hands are washed and the mouth rinsed after the milk food. Separate cooking

utensils, crockery, and cutlery must be used for meat and for milk. Glass may be used for either if it is first rinsed with hot water.

According to Jewish law, doctor's orders must be obeyed, even if they are contrary to Jewish ordinances normally observed. If the physician considers any forbidden food, or arrangement of foods, to be necessary for a patient's health he will have the full support of Jewish religious opinion in overriding any prejudices the patient may have. Difficulty may arise because patients, when ill, become superstitious about eating "unclean" foods. There is the added difficulty of persuading people to take, when ill, food that they have neither tasted nor wanted whilst they were well.

Only animals which "cleave the hoof and chew the cud," and are killed in a special way, and fish with scales and fins are allowed according to the Mosaic law. All kinds of fowl except birds of prey are permitted, but only if killed in accordance with Jewish ritual. Game that is shot is, therefore, not permitted, and it is called *trefah* (meaning "ritually unfit"). Rabbit also is considered unclean for the same reason.

A short list of *kosher* and *trefah* foods are given below.

ALLOWED (Kosher)

Beef	Goose
Veal	Turkey
Mutton	All salt and fresh-water
Lamb	fish apart from shell
Chicken	fish and eels
Duck	

FORBIDDEN (Trefah)

Pork	Rabbit
Bacon	Hare
Ham	
All shell fish such as—	
Oysters	Eggs with blood spots
Crab	Gelatine, unless
Lobster	specially prepared
Shrimps	
Eels	

Jewish Holidays : Special Food Customs

Special foods and dishes are eaten at most Jewish holidays in the same way that Christmas pudding is eaten at Christmas. The festivals are made an occasion for special delicacies, and there is the risk that those who are too stout or suffer from a delicate digestion may eat too much.

Passover. Food at Passover, which falls

about Easter time, is modified by the biblical ordinance which forbids the eating of leaven for a week, in remembrance of the exodus of the Children of Israel from Egypt. Ordinary bread can therefore not be eaten, and large unleavened water biscuits known as *matzos* or Passover cakes are used instead. Their food value is similar to that of other unsweetened biscuits, and they can be used on weighed diets for diabetics, *e.g.* by substituting $\frac{3}{4}$ oz. of matzo for every ounce of bread.

Day of Atonement. This day, which falls in the autumn, is observed as a fast by most Jews. If a doctor considers fasting undesirable for considerations of health it would be contrary to the tenets of the Jewish religion for a patient to fast. Thus, doctors prescribing diets for Jewish patients should be particularly careful that those suffering or recovering from gastric or duodenal ulcers do not fast, and that diabetics receiving insulin continue this treatment and take at any rate their usual quantities of carbohydrate on the Day of Atonement.

The Jewish Cookbook (Greenbaum) will be found useful by those requiring details of recipes commonly used by orthodox Jews.

CHAPTER X

FOOD TABLES: THEIR PREPARATION AND USE

THE HISTORY OF FOOD ANALYSIS

THE composition of foods and their division into various classes is a subject which has interested many workers, even from the time of Hippocrates. It was necessary, however, for the science of chemistry to be fairly far advanced before any great progress could be made in the chemical analysis of foodstuffs. Liebig, who worked at the beginning of the last century, was one of the founders of organic chemistry, and he was one of the first to apply chemical methods to the investigation of plant and animal foods. He expressed his results in terms of nitrogen and carbon, and not as protein, fat, and carbohydrate, as we do to-day, though he was aware that these are the three prime necessities in animal nutrition, and he knew that the proteins are the carriers of nitrogen.

At about this time a *Treatise of Diet* was written by Paris, and this was really the first

book which shows any attempt to classify food-stuffs in a scientific manner. Here foods are divided into fibrinous, *e.g.* flesh ; albuminous, *e.g.* eggs ; farinaceous, *e.g.* flour, and so on. In 1813 a book called *Treatise on Food and Diet* was brought out by Jonathan Pereira which classifies the alimentary principles as the aqueous, the mucilaginous, the saccharine, etc. An analysis of many foods is also given, sometimes in terms of carbon and nitrogen, and sometimes in terms of these alimentary principles. His figures for the composition of milk—casein, 4.2 per cent. ; butter, 3 per cent. ; sugar, 5.3 per cent. ; and salt, 0.75 per cent.—are not so very different from the figures which we accept and use to-day.

There are several standard sets of tables now in use, originating from England, America, and Germany, showing the composition of various foods. A selection of these is given below for reference.

The Chemical Composition of American Food Materials. Atwater and Bryant, 1906.

Analyses and Energy Values of Foods. Plimmer, 1921.

Nahrungsmitteltabelle. Hermann Schall, 1932.

Chemistry of Flesh Foods and their Losses on Cooking. McCance and Shipp, 1933.

Chemistry of Food and Nutrition. Sherman, 1933.

The Nutritive Value of Fruits, Vegetables and Nuts. McCance, Widdowson, and Shackleton, 1936.

The Chemical Composition of Foods. McCance and Widdowson, 1940.

THE PREPARATION OF FOOD TABLES

The analysis of foods is laborious work, and the value of the results depends almost entirely upon the reliability of the chemical methods employed, and the number of samples analysed. This is where some of the older work is seriously at fault. A comparison of the figures for the carbohydrate content of fruits as given by Atwater and Bryant with those given by McCance and Lawrence for instance, show the most alarming differences owing to flaws in technique. The method employed by Atwater and Bryant for the determination of carbohydrate was one which included a great deal of the unavailable cell-wall material in the so-called "carbohydrate" content, and the figures given by these workers are usually far too high, while the values given by McCance and Lawrence for fruits are in some cases too low, since the method used resulted in a destruction of part of the fructose.

Carbohydrate was formerly obtained "by difference." The protein, fat, and water were estimated, and the remainder was assumed to be carbohydrate. To-day there are chemical methods which will not only determine the total carbohydrate in a food which is available to the human body, but which will estimate separately the various kinds of carbohydrate, the starch, the cane sugar, the glucose, the fructose, and so on. The sum of these constitutes the available carbohydrate in the food.

Figures given in this book for the carbohydrate content of foods have been derived by this last method.

The *protein* content of a food is usually obtained by estimating its total nitrogen and multiplying this figure by a factor—6.25.

It is known that a pure protein usually contains about 16 per cent. of nitrogen. Therefore 1 gram of nitrogen corresponds to $\frac{100}{16}$ gram of protein, *i.e.* 6.25. We now know, however, that the nitrogen of many foods is not all present as protein nitrogen—one-half or even more may be present in other forms, and these other forms may or may not be available to the body for energy or for tissue repair. It would be far better if diets could be constructed in

terms of nitrogen, and not in terms of protein as they are at present. This may not matter so much in the treatment of patients, but in research work the advantages of expressing nitrogen as such are obvious.

The *fat* content of foods is comparatively easy to estimate, and the results obtained by various workers are fairly consistent.

From the percentage of carbohydrate, protein, and fat in a food the Calorie value of that food can obviously be readily calculated (see p. 5). Various other organic constituents of foods are occasionally determined for special reasons. Purines, for instance, are of interest in cases of gout. It is sometimes desirable to know the acidity of fruits, and the amount of alcohol in beverages may be of great importance.

Analyses of foods for their individual mineral salt content has only been carried out to any great extent during the last twenty years. The accurate chemical estimation in foods of such elements as sodium, calcium, magnesium, iron, and copper is a difficult process, requiring experience, and unless only the most reliable methods are used the results are valueless. Numbers of workers have analysed a variety of foods for one special element, *e.g.* iron, and others have analysed one special food

for a number of elements. These results are scattered in scientific periodicals published in almost every country in the world. Sherman's tables, published in *The Chemistry of Food and Nutrition*, have been regarded as the most complete information we have on the subject. His figures, however, are in most cases derived from an analysis of raw foodstuff. It is obvious that for such foods as meat and vegetables the composition of the cooked food is usually of far greater importance than its composition in the raw state. Losses occur during cooking and changes in weight take place. Meat, for instance, may lose nearly half its weight when cooked. This loss is largely due to the fact that when meat is heated it invariably shrinks, and as the tissues contract they squeeze out the meat juices which consist of a watery solution of extractives and mineral salts. In dry methods of cookery, such as roasting, shrinkage goes on as before, but the loss of weight is nearly all due to loss of water through evaporation. The loss of salts is small because as the water evaporates from the expressed juices the salts are left on the surface of the meat. In wet methods of cooking, such as stewing, there is a second source of loss—the salts soak out into the surrounding water and

increase the loss due to shrinkage. In practice the losses do not matter since meat gravies are usually eaten. Similar losses occur, however, when fish is cooked, and fish gravies are usually discarded. McCance and Shipp have carried out an extensive study of the chemical composition of flesh foods cooked in various ways, and their tables give values for the mineral salts as well as for the protein and fat of fish and varieties of meat.

Vegetables and fruits are unlike meat and fish in that they do not shrink when cooked and very little loss in weight takes place. Loss of mineral salts and other soluble constituents such as sugars does occur, however, when vegetables are boiled in water, and the composition of the cooked food is of more importance than the composition of the raw.

The proportion of a foodstuff which is discarded as waste is another important factor in food analysis. In America the expressions AP (as purchased) and EP (edible portion) have been adopted to signify whether the figures given for the composition of the food refer to the raw purchased weight or to the weight of the food as eaten.

In using any food tables it must be remembered that foodstuffs are not like pure chemical

substances. They have no constant chemical composition. The composition of an apple, for instance, depends on the variety, on the degree of maturity, on the soil upon which it was grown, on the dryness of the season, on the time it has been stored, and so on. The composition of a piece of beef depends upon the condition of the animal when it was killed, and upon the way in which the meat has been cooked. Any figures given for the composition of a foodstuff are only *average* figures, and their reliability depends largely upon two factors :

- (a) The number of samples of that particular foodstuff used in the analysis. The larger the number the more likely is the result to be an average result, and therefore the more reliable the figure.
- (b) The accuracy of the chemical methods used in the analysis.

The following example will make clear the general processes involved in the preparation of foods for analysis.

Twelve 1-lb. batches of potatoes which were grown in various parts of the country were bought, washed, and weighed. They were then peeled by hand in the ordinary way, and the peelings weighed in order to obtain the percentage waste. The weighed, peeled potatoes

were boiled in distilled water in the usual manner (no salt was added), and when cooked they were strained and weighed immediately. They were allowed to cool and weighed again. After being mashed, the different batches were well mixed, and portions were weighed out for the estimation of the various constituents. Sugars, starch, and cellulose ("roughage") were estimated on one sample of the mixture, total solids, nitrogen, and phosphorus on another, chlorine on a third, while a fourth was ashed by heating it strongly in a furnace prior to the determination of sodium, potassium, calcium, magnesium, iron, and copper.

The fat content of fruit and vegetables is negligible, but for foods which contain fat another sample was set aside for this estimation.

All samples were weighed out in duplicate, and the final results were calculated back to the composition of the hot potato as served.

THE USE OF FOOD TABLES

Food tables, that is tables showing the chemical composition of foodstuffs, are used for many purposes. In hospital diet kitchens abridged food tables giving the protein, fat, and carbohydrate content of foodstuffs commonly in use in that particular institution are

usually employed, but more complete tables are continually required for reference. Some form of ready reckoner is of extreme value for the more common foodstuffs, and this is given in Table III. In some cases only one or two dietary constituents are of interest, *e.g.* protein in high or low protein diets, fat in low fat and ketogenic diets, sodium chloride in low salt diets, and calcium in calcium balance experiments. Sometimes it is the Calorie value which is of primary importance, as in cases of obesity. On other occasions a complete analysis of the food is needed.

In most hospital work, however, it is the composition of the *edible, cooked* portion of the food that is of interest. The composition of a raw cod does not matter, but the composition of the cooked fish as served to the patient is required. Hospitals, therefore, need tables of analyses of foods as served as well as of foods as purchased.

Again, in the care of patients, the physician, nurse, or dietitian is dealing with *individual* diets, where the weights of the portions of food are relatively small—the composition of an ounce of bread is of far more use to them than that of a pound. The tables given in Chapter XIII, which are intended primarily for calculating individual diets, show the composition of

1 oz. of the edible portion of a number of food-stuffs, both raw and cooked.

In many large boarding schools, colleges, children's homes, and poor-law institutions, the diet supplied is not just a haphazard one, but is calculated to meet the nutritional requirements of the individuals receiving it, and food tables are obviously necessary for this purpose.

They are also essential for dietary surveys. A dietary survey is an investigation carried out on a large number of people, either in an institution or living in families, in order to determine the chemical composition of their food. Here the most frequent method is to examine and weigh all the food coming into the house or institution over a given period of time. For this method it is not the analysis of the cooked, edible portion of the food that is required, but the amounts of the various constituents that would be obtained from the weight of the food as purchased.

Among other uses of food analyses may be mentioned the arrangement of suitable rations for the army, navy and air force, and for explorers, climbers, and others who are forced to carry with them sufficient food in concentrated form to last them, often for many months. The whole success of an expedition

may depend upon the choice of the food. It must supply the calorific, mineral salt, and vitamin requirements of the individuals for a considerable period of time in as concentrated a form as possible. It is tragic to read of the unnecessary sufferings of the members of Scott's last expedition, who developed scurvy simply because no foods containing adequate amounts of vitamin C had been included in their rations.

CHAPTER XI

DIETS

IN this chapter sample diets suitable for the various disorders discussed in Chapters III to X are given, together with lists of foods allowed and forbidden, and dishes suggested. In practice many changes and additions may be made and the diets varied to suit the taste of the patient and the time and capacity of the cook. Wherever possible diets are arranged for two levels of cost : low (A) and moderate (B). In no case, however, has economy been allowed to interfere with dietary treatment, and the A as well as the B diet lists contain all the dietary constituents recognised at the present time to be essential for proper nutrition.

It is most important that food essentials in adequate amounts should be supplied to patients requiring special diets. The quantities actually used for these diets in a large London hospital are shown on p. 144. These are given merely as a guide for buying and should not be regarded as ideal.

Special recipes are given in Chapter XII for some of the dishes suggested when ordinary

recipes are unsuitable. In this case the page on which the recipe may be found is indicated. Otherwise, ordinary recipes should be used.

Where butter is mentioned in menus and recipes it should be understood that vitaminised margarine may be substituted without affecting the food value.

In the menus, meatless alternatives are given on Fridays for the convenience of those who do not wish to take meat on that day. The diets and menus may also be readily adapted for orthodox Jewish patients in accordance with the note on p. 126.

SPECIAL DIETS

Approximate daily quantities per head used in a London voluntary hospital (cooked weight unless otherwise stated)

144

MODERN DIETARY TREATMENT

Food	Weight or measure	Diabetic	Low fat	Low protein	Low residue	Gastric ulcer
I. BREAD, BISCUITS, ETC.						
Bread	oz.	5-7	8	Ordinary 8. Maternity 3-7, $\frac{1}{2}$ -1	8	4-6 for convalescents only. $\frac{1}{2}$ fine oatmeal.
Oatmeal, Force, Puffed rice (<i>raw weight</i>).	oz.	$\frac{1}{2}$ in some cases.	$\frac{1}{2}$ -1		$\frac{1}{2}$ fine oatmeal.	$\frac{1}{2}$ in pudding and sauce.
Rice, tapioca, semolina, cornflour, flour, etc. (<i>raw weight</i>).	oz.	$\frac{1}{2}$ in some cases.	$\frac{1}{2}$ in pudding, sauce and soup.	$\frac{1}{2}$ in pudding and sauce.	$\frac{1}{2}$ in pudding, soup, sauce, etc.	$\frac{1}{2}$ in pudding and sauce.
Biscuits	oz.	$\frac{1}{2}$ in some cases.	4-5 water, <i>weekly</i> .	0	4-5 sweet, <i>weekly</i> .	$\frac{1}{2}$ -4 cream crackers.
II. DAIRY PRODUCTS.						
Milk (including cooking) ..	pts.	12 oz. to 1 pt.	Adult $\frac{1}{2}$. Child 1-1 $\frac{1}{2}$ skimmed.	Ordinary, 5-8 oz. Maternity and children $\frac{1}{2}$ pt. 1 $\frac{1}{2}$ 0	1 $\frac{1}{2}$	$\frac{1}{2}$ -2 $\frac{1}{2}$
Butter	oz.	1-1 $\frac{1}{2}$	0		1	$\frac{1}{2}$ -1 $\frac{1}{2}$
Cream	oz.	0	0	0	1 if specially ordered.	2 in some cases.
Cheese or sardines ..	oz.	$\frac{1}{2}$ -1, four times a week.	0	0	1 cream cheese <i>weekly</i> .	0
Eggs	No.	1-2	0	0-1	2	1-4

III. MEAT AND FISH.

Meat	..	oz.	2-3	o	o	o	2 pounded or
Fish or rabbit	..	oz.	2-4	3-4	1-3½	3-4	fileted.
Chicken, brains, sweetbreads		oz.	If specially ordered.	Chicken if specially ordered.	Chicken if specially ordered.		If specially ordered.
Liver	..	oz.	Occasionally.	3 oz. weekly.	o	3 oz. weekly.	o

IV. FRUIT.

Fruit, stewed	..	oz.	Containing 10-15 g.C. (see list, p. 338).	7 (two kinds).	7 (two kinds).	3 purée in some cases.	3 purée in some cases.
Fruit, raw	..	..	As above.	Brought in by patients' friends			
Lemons	..	No.	2	2	2	o	o
Orange juice (or tomato juice)	..	oz.	o	o	o	1-2	1-2

V. VEGETABLES.

Potatoes	..	oz.	2-5	4-6	4-6	4 mashed with milk and marinade.	2 mashed with milk and marinade.
Cabbage, onions, root vegetables.		oz.	2-5 green vegetables.	3	3	o	o
Pulses (dry weight)	..	oz.	o	½-1 weekly.	o	o	o
Lettuce, cress	..	oz.	½	½	½	o	o
Tomatoes	..	oz.	3	3	3	o	o

Food	Weight or measure	Diabetic	Low fat	Low protein	Low residue	Gastric ulcer
VI. SUGAR, JAM, ETC.						
Sugar (including cooking) ..	lb. per week.	0	1	1	$\frac{1}{2}$	$\frac{1}{2}$ in some cases.
Barley sugar ..	oz.	0	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	0
Jelly, syrup, honey ..	lb. per week.	0	0	0	1	0
Jam or marmalade ..	do.	0	1	1	0	0
Gelatin ..	oz.	$\frac{1}{2}$	$\frac{1}{2}$	0	$\frac{1}{2}$	$\frac{1}{2}$ or as ordered.
Ovaltine, Horlick's, Benger's, or similar beverage.	oz.	$\frac{1}{2}$ Ovaltine in some cases.	0	Cocoa for maternity and children.	Occasionally.	
Tea ..	oz. per week.	2	2	2	2	2 for convalescents only.
Coffee ..	do.	4	0	0	0	$\frac{1}{2}$ per day in some cases.
Marmite ..	do.	Varies.	1-2	0	1-2	0
Meat extract ..	oz. per week.	Varies, some have 4 oz.	Occasionally.	0	0	0
Salt, pepper, rennet, cocoa, vanilla, and other essences according to diet.						

Margarine used for cooking : quantity varies according to menu.

Glucose or lactose used according to prescription or taste.

Note.—Where orange juice is used as the sole source of vitamin C as in gastric ulcer and low residue diets, it would probably be wise to increase the quantities given above.

HIGH CALORIE DIETS

Suitable for :—	PAGE
Convalescence after fever	68
Fractures (1st week)	69
(Plenty of protein foods: meat, fish, cheese, milk, and eggs should be given.)	
Graves' Disease	56
Tuberculosis	56
(1½ pints of milk should be taken daily. If the patient cannot take solid food, the 2,500 calorie fluid diet (p. 165) may be used.)	
Underweight	56

HIGH CALORIE DIET A

<i>Breakfast.</i>	Porridge or shredded wheat with milk and sugar to taste. Scrambled eggs or fried eggs and bacon, or fried kipper, or sausages. Bread or toast with plenty of butter <i>and</i> marmalade or jam or syrup. Tea or coffee with milk and sugar to taste.
<i>Mid-morning.</i>	Lemonade, or cocoa made with milk. Sugar to taste.
<i>Dinner.</i>	Meat or fish. Potatoes and other vegetables, with margarine. Pudding, syrup or jam if possible.
<i>Tea.</i>	Bread with plenty of butter and jam, syrup, etc., meat or fish paste or Marmite or Yeastrel. Cake or sweet biscuits or shortbread if desired. Tea with milk and sugar to taste.
<i>Supper.</i>	Cheese, eggs, or fish. Bread, toast, or biscuits and butter. Weak tea, cocoa, or lemonade with sugar to taste.
<i>Bedtime.</i>	Milk drink, lemonade or orangeade with sugar. Biscuits, cake, or bread and butter if desired.

HIGH CALORIE DIET B

- Breakfast.** Porridge or Force or other breakfast food with cream and sugar to taste.
Omelette, or scrambled eggs, or fried fish.
Bread or toast with butter and marmalade.
Tea or coffee with cream or milk and sugar to taste.
- Mid-morning.** Lemonade, orangeade, or milk drink.
- Lunch.** Thick soup or sugared grapefruit.
Meat or fish.
Potatoes, fried, or with butter.
Vegetables with butter, or salad with mayonnaise.
Pudding or stewed fruit with glucose and cream.
Lemonade to drink if desired.
- Tea.** Bread with butter and jam, or cress and mayonnaise.
Cake, pastry, shortbread, or biscuits.
Tea with milk or cream and sugar to taste.
- Dinner.** As lunch.

Note on High Calorie Diets.

Glucose, lactose, or ordinary sugar should be added to beverages, fruits, puddings, porridge, etc., whenever possible. Some raw fruit or fresh fruit drink should be taken daily.

SUITABLE DISHES FOR HIGH CALORIE DIETS

Note.—The following suggestions for high calorie dishes are given for convenience. Patients who dislike foods cooked with fat should take as much glucose as possible with their puddings and beverages, and take extra butter and cream wherever they can.

- Soups.** Thick soups of any kind, including meat, ox-tail or mulligatawny soup.
Cream soups, such as chicken (p. 265), potato, celery, tomato, artichoke.
Tomato soup with lactose (p. 265).
Margarine, butter, or cream and fried croutons should be used wherever possible.
- Eggs.** Fried eggs and bacon, omelettes with or without ham, scrambled eggs.
- Fish.** Fried fish or fish cakes, grilled fish, fish baked in fat.
All fat fish.
Fish with mayonnaise or Hollandaise sauce.
Creamed fish.
Fish au gratin.
Fish soufflé with cream.

- Meat or Fowl.* Fried cutlets, fried croquettes.
Ham with salad and mayonnaise.
Boiled ham, sauce Madère.
Ham mousse.
Meat pies and puddings.
Meat stews with dumplings.
Roast pork or other fat meat.
Mixed grill.
Liver and bacon.
- Puddings.* Pudding or stewed fruit with at least 1 oz. of glucose, lactose or cream.
Suet puddings.
Steamed puddings with syrup, jam, etc.
Pastry.
Compôte of fruit (p. 268).
Pain Perdu (p. 268).
- Savouries.* Angels on horseback.
Cheese straws.
Grilled tomatoes on toast.
Fried bacon and tomatoes or potatoes.
Roes on toast.
- Beverages.* High Calorie diets depend to a great extent on beverages which can be consumed with or between meals without giving the patient a feeling of satiety. The following are examples of suitable beverages :
Lemonade (p. 264).
Orangeade (p. 264).
Coffee (p. 264).
Cocoa (p. 264).
Treacle egg nog (p. 264).
Vanilla egg nog (p. 264).
Milk and cream (p. 264).

HIGH VITAMIN HIGH CALORIE DIET A

- Breakfast.* Orange or grapefruit.
Egg with bacon or tomato, or fresh herring, kipper, or bloater.
Wholemeal bread and butter or vitaminised margarine.
Marmalade or jam.
Tea or coffee with milk.
- Mid-morning.* Digestive biscuits or brown bread and butter,
Marmite or Yeastrel.
Milk flavoured with coffee or cocoa.

- Dinner.* Liver, ham, meat, steak and kidney, or fat fish.
Green-leaf or yellow-root vegetables or tomatoes and salad.
Potatoes with vitaminised margarine.
Pudding containing eggs or milk.
Stewed fruit.
Fresh lemonade.
- Tea.* Wholemeal bread and butter or vitaminised margarine.
Tomatoes, cress, Marmite, Yeastrel, or raw fruit.
Jam, honey, jelly, or black treacle.
Cakes or biscuits.
Tea with milk.
- Supper.* Wholemeal bread and butter or vitaminised margarine.
Cheese or fat fish, including tinned salmon, or roes.
Salad or fresh fruit.
Cocoa made with milk.
- Bedtime.* Fresh orange juice or lemonade.
Biscuits.
- See notes, p. 151.

HIGH VITAMIN HIGH CALORIE DIET B

- Breakfast.* Orange or grapefruit.
Shredded wheat, porridge, or other wholemeal cereal with cream.
Eggs with bacon and tomato, or liver and bacon, or fresh herring, kipper, or bloater.
Wholemeal bread and butter.
Marmalade, jam, or honey.
Coffee or tea with cream or milk.
- Mid-morning.* Fresh lemonade, or orange juice, or Marmite, or Yeastrel.
Digestive or other wholemeal biscuits.
- Lunch.* Cream of tomato soup (p. 265).
Cold ham or boiled salmon.
Tomato, lettuce, and cress salad.
Potatoes in their jackets with butter.
Fresh fruit salad.
Boiled custard or junket and cream.
Fresh lemonade.
- Tea.* Wholemeal bread or biscuits and butter.
Tomatoes, cress, Marmite, or Yeastrel.
Jam, honey, jelly, or black treacle.
Cakes or biscuits.

- Dinner.* Soup made from Marmite or Yeastrel and milk.
Meat, liver, poultry, or fat fish.
Green-leaf or yellow-root vegetables, or tomatoes.
Mashed potatoes with butter and milk.
Caramel custard, or honeycomb mould, or chocolate soufflé.
Compôte of fruit (p. 268).
Fresh lemon or orangeade.
- Bedtime.* Milk drink flavoured with Ovaltine, or Bournvita, or Instant Postum.

Notes on High Vitamin High Calorie Diets.

Calories.—As much sugar, glucose, or lactose as possible should be added to all beverages, fruits, and puddings. Fat, butter, cream, etc., should be used generously as long as they do not spoil the appetite.

Vitamins.—The main sources of these are given in the tables on pp. 34, 354, which should be consulted when varying the diet. Whenever possible bread containing the germ as well as the husk should be used. An economical way of increasing the vitamin B is to mix yeast with butter, margarine or cream cheese in the proportion 1 : 2, and to use this as a sandwich spread.

LOW CALORIE DIETS

Suitable for :—	PAGE
Enforced lack of exercise owing to :—	
Fractures (after the first week)	69
Heart disease	71
Old age	49
Rheumatism	112
Obesity due to :—	
Endocrine deficiency	59
Overeating	60
Menopause or lactation	53

(Approximate composition : Carbohydrate, 100 g. ;
Protein, 50 g. ; Fat, 50 g. ; Calories, 1,070.)

LOW CALORIE DIET A

- Breakfast.* One egg, boiled or poached.
Bread, white or brown, two thin slices.
Butter or marmalade or jam, very thinly spread.
Tea or coffee (ground) with milk to taste. No sugar or sweetened condensed milk.
- Dinner.* Meat (lean), rabbit, chicken, or steamed fish, medium portion.
Gravy without fat or thickening.
Green-leaf vegetables as much as desired. (For other vegetables, see Food List, p. 337.)
Raw fruit.
- Tea.* Bread, two thin slices.
Butter or jam very thinly spread, Marmite or Yeastrel, or meat extract to spread if desired.
Salad and vinegar, as desired.
Tea with milk to taste. No sugar or sweetened milk.
- Supper.* Cheese, sardines, salmon, herring, or kipper, small portion, or
Two eggs, boiled or poached, or
White fish or smoked haddock, medium portion.
Bread, one thin slice, or two unsweetened biscuits.
Raw fruit or salad if desired.
Tea or coffee (ground), with milk to taste.
- Butter must not exceed $\frac{1}{4}$ oz. in the day.

LOW CALORIE DIET B

- Breakfast.* Raw fruit. No sugar.
Two eggs (boiled or poached), or grilled kidney, or smoked haddock, or steamed white fish.
Bread, brown or white, two thin slices, toasted if desired.
Butter, jam, or marmalade, very thinly spread.
Tea or coffee with milk to taste. No sugar.

- Lunch.** Clear soup, grapefruit, or melon. No sugar.
Lean meat, chicken, rabbit, boiled white fish, lobster, crab, as much as desired, or
Two eggs poached or baked with tomato.
Green-leaf vegetables or salad as much as desired. (For other vegetables, see Food List, p. 337.)
Fruit, raw, or cooked without sugar, as much as desired.
- Tea.** Bread, brown or white, two thin slices (as sandwiches if desired). Tomato, cucumber, cress, or egg and cress, meat extract, or Marmite or Yeastrel may be used; or
Two small plain scones very thinly buttered, or
Four plain biscuits.
Tea with milk to taste. No sugar.
- Dinner.** As lunch.
- Lunch, dinner, or bedtime.** 3½ oz. milk may be used in soup, unsugared beverage (not cocoa) or unsugared custard, junket, or jelly or other dish containing 5 g. C. (see recipes, p. 283).

Butter must not exceed ¼ oz. in the day.

Note on Low Calorie Diets.

The amounts of food allowed in the above menus must not be exceeded but they may be arranged to taste.

If calories are to be further reduced, butter may be omitted entirely and very small amounts of jam or marmalade taken once a day only. A concentrate of vitamins A and D should be prescribed.

For 400 Calorie diet, see p. 61.

LOW CALORIE DIET FOR CHILDREN

(Approximately 1,200 Calories)

- Breakfast.** Skimmed milk, dash of tea if desired, but no sugar.
Bread, two thin slices, scrape of butter.
One egg, boiled or poached, or kidney, or smoked haddock.
- Mid-morning.** Milk, skimmed if possible, or raw fruit.
- Dinner.** Very lean meat, white fish, or smoked haddock.
Two vegetables or salad (see Food List, p. 337).
Fruit, raw, or cooked without sugar.
If desired, unsugared lemon or peppermint jelly or fruit whip (p. 270).
- Tea.** Bread, two thin slices. Marmite or Yeastrel, or scrape of butter or jam, or two plain scones.
Salad or raw fruit.
Skimmed milk, dash of tea if desired, but no sugar.
- Supper.** Bread, one thin slice.
Fruit, raw, or cooked without sugar.
Skimmed milk, with a little Ovaltine or Bournvita if desired.

At least 1 pint of skimmed milk should be given daily.

Butter must not exceed $\frac{1}{2}$ oz. in the day.

Concentrates containing vitamins A, B and D should be given with this diet. Wholemeal bread should be used where possible.

LOW CALORIE DIET FOR PATIENTS WITH DISEASE OF THE HEART

- Breakfast.* One egg, boiled or poached.
Bread, white or brown, two thin slices.
Tea or coffee (ground), one small breakfast cup.
Milk to taste (no sugar or sweetened condensed milk).
- Mid-morning.* Fruit, such as grapes, oranges, plums, or pears, or One unsweetened biscuit.
One teacupful of tea or coffee with a little milk if desired. No sugar.
- Dinner* (may be taken in the evening if preferred). Meat (lean and tender), chicken, rabbit, or steamed or boiled fish, medium portion.
Cauliflower or green-leaf vegetables such as cabbage and Brussels sprouts in small amounts only. (See Food List, p. 337).
Raw fruit as mid-morning, or baked apple or fresh fruit stewed without sugar or custard or other pudding containing 5 g. C. (pp. 284, 335).
Half a glass of water or unsugared lemon water, if desired.
- Tea.* One slice of bread or one plain scone or two unsweetened biscuits.
Tea, one or two teacups.
Milk to taste. No sugar.
- Supper or Lunch.* Two eggs, boiled or poached, or white fish or smoked haddock, moderate helping, or Fish or cheese (fresh milk), small helping.
One slice of bread.
Fruit as for lunch.
Half a glass of water or unsweetened lemonade if desired.
- Bedtime.* Teacupful of skimmed milk with a little Ovaltine or Bournvita if desired, or unsweetened orange juice or lemon water and one unsweetened biscuit.

Butter must not exceed $\frac{1}{2}$ oz. in the day.

Patients suffering from heart disease must take small, easily digested meals. They should therefore limit the quantity of all food which they take at one time, including those listed below as allowed without special restriction. Low Calorie beverages may be taken between meals.

KARRELL DIET

Suitable for :—	PAGE
Acute heart failure	70
Overweight patients suffering from heart disease	71

The diet consists of four feeds of 200 c.c. (7 oz.) of milk given every four hours, making a daily total of 800 c.c. (28 oz.). This provides :

C. 36.4 g. P. 25.2 g. F. 30.8 g. Calories 532

After two to four days the diet may be increased to 1,000 c.c. (35 oz.) of milk daily, and toast, porridge, cereals and gruels, milk pudding and soft-boiled or poached eggs may be added. The strained juice of one or two oranges should be taken every day. This diet may be followed by a light diet (p. 158) or a fluid diet (p. 165) providing 1,000 Calories.

Patients must remain in bed whilst taking this diet.

FOOD LIST FOR LOW CALORIE DIETS

	Allowed without special restriction	Forbidden
<i>Bread, biscuits, cereal foods, etc.</i>	—	Pastry, cakes, and biscuits. Puddings of all kinds, including Yorkshire pudding. Suet dumplings, crust, and pudding. Barley, rice, tapioca, macaroni, spaghetti, vermicelli and similar cereals. <i>N.B.</i> —Bread or unsweetened biscuits may only be taken as allowed in the diet. A small amount of porridge or cooked cereal may be substituted for bread at breakfast or supper if desired. These are not allowed as extras in the diets.

	Allowed without special restriction	Forbidden
<i>Dairy products.</i>	Skimmed milk. Skimmed milk cheese. Unsweetened custard (p. 284).	Cream. Butter and margarine, except small amount allowed in diet. Whole milk, fresh or condensed, beyond amount allowed in diet. Sweetened condensed milk. Ice creams and ices.
<i>Meat and fish.</i>	Lean meat. Steamed or boiled white fish, and smoked haddock.	Fat meats, such as ham, bacon, pork and sausages, and the fat of any meat, lard, and dripping unless used in place of butter allowance. All fried meat and fish dishes.
<i>Fruit and nuts.</i>	Raw fruits, except bananas which should be taken in small quantities only.	Dried fruits, stewed or preserved, fruits tinned or stewed with sugar. All nuts.
<i>Vegetables.</i>	Green-leaf vegetables and marrow. Salads of all kinds. Tomatoes, raw, stewed, or baked without fat (p. 277). Small portions of root vegetables (not potatoes).	Potatoes (except as allowed in the diet), dried peas, beans, and lentils. All fried vegetables.
<i>Beverages and soups.</i>	Tea and coffee (ground). Lemon juice with water or soda water. (No sugar.) Soda water. Cocoa made with skimmed milk or water and two tablespoonfuls of milk. No sugar. Clear meat and chicken soups and broths.	Mineral waters (except soda water), ginger ale, ginger beer, bottled fruit juices (sweetened), such as grape fruit and lemon juice. Alcoholic beverages, especially beer, stout, sweet wines, cocktails, and sherry. Thickened soups, gravies, and stews.

	Allowed without special restriction	Forbidden
<i>Condiments, flavourings, and sweets.</i>	Vegetable as flavouring if desired. Marmite, meat extracts. (See recipes of soups with negligible food value, p. 269.) Salt, pepper, mustard, vinegar, saccharine. Essences such as vanilla, almond, peppermint, raspberry.	Oil and salad dressings made with oil, such as mayonnaise, salad cream, etc. Sugar and sweets.

SUITABLE DISHES FOR LOW CALORIE DIETS

- Soups.* Clear soups made in the usual way.
 Consommé, meat extract, chicken broth carefully freed from fat, Marmite, Yeastrel.
 Asparagus soup (p. 269).
 Cauliflower or spinach soup (p. 269).
 Mixed vegetable soup (p. 269).
 Meat extract, Marmite or Yeastrel skimmed-milk soup (p. 275).
 Potage à la bonne femme (p. 270).
 Tomato soup (p. 274).
 Celery or mushroom skimmed milk soup (p. 269).
- Puddings.* Lemon or orange jelly (p. 270).
 Agar-agar jelly (p. 271).
 Coffee jelly (p. 270).
 Fruit whip (p. 286).
 Skimmed-milk jelly (p. 281).
 Skimmed-milk junket (p. 281).

Bulky salads and savoury dishes providing about 80 Calories.
 See recipes, p. 271.

LIGHT, EASILY DIGESTED DIETS

Suitable for :—					PAGE
Acute nephritis.	Second stage				107, 108
(Meat and fish must be entirely omitted.)					
Arsenic poisoning					81
Carcinoma of the stomach					81
Chronic cholecystitis					84
(Appreciable amounts of fat and starch must not be taken together. Therefore golden syrup, honey, or jam should be spread on bread instead of butter, and cream is not allowed at a meal at which potatoes, bread, or other starchy food is being served. Pastry, Yorkshire and suet puddings are forbidden. Fish and meat must not be cooked with fat.)					
Chronic gastritis of pernicious anæmia					81
Cirrhosis of the liver					86
Convalescence from fever, operations, or from any disease not requiring a special diet					68
Convalescence from mucous colitis					89
Old age					49
(A milk soup or beverage may be taken in the evening and a light dinner at mid-day.)					
Pregnancy with indigestion or vomiting					52
(Well sugared lemonade, barley sugar, or milk and biscuits should be taken last thing at night by those suffering from morning sickness.)					

LIGHT, EASILY DIGESTED DIET A

Breakfast.	Boiled, poached, or scrambled eggs, or cornflakes, or flour of oatmeal, or patent barley with milk and sugar to taste.
•	White bread or cold toast and butter.
	Golden syrup, black treacle, or honey.
	Weak tea or coffee. Milk and sugar to taste.
Mid-morning (if desired).	Milk, lemonade, or orangeade. Biscuit if desired.
Dinner.	Fish, steamed or boiled, rabbit, tripe, or minced mutton.
	Potatoes (old), mashed or boiled.
	Flower of cauliflower or sieved or young carrots.
	Milk pudding, custard, or blancmange.
	Baked or stewed apples.

- Tea.* White bread or cold toast and butter.
Golden syrup, black treacle, honey or Marmite or Yeastrel, or boiled or poached egg, or cream or milk cheese if desired.
Madeira or sponge cake or plain biscuits.
Weak tea. Milk and sugar to taste.
- Supper.* Grapes or orange or mashed banana.
White bread, cold toast, biscuits, or rusks and butter.
Cocoa, or any milk food.

LIGHT, EASILY DIGESTED DIET B

- Breakfast.* Boiled, poached, or scrambled eggs, or fresh white fish or smoked haddock or soft roes, or puffed rice or cornflakes or groats or flour of oatmeal or patent barley with milk and sugar to taste.
White bread or cold toast and butter.
Strained jelly marmalade, apple, bramble or other jelly, honey, golden syrup, or black treacle.
Weak tea or coffee. Milk and sugar to taste.
- Lunch.* Strained white soup, small portion (no onion), or tomato juice cocktail.
Fish, chicken, or sweetbreads.
Potatoes (old), mashed or boiled, or baked in their jackets.
Sieved spinach or flower of cauliflower.
Milk pudding, custard, blancmange, jelly, soufflé, or meringue.
Stewed peaches or apricots, or baked apple.
- Tea.* White bread or cold toast and butter.
Jelly, honey, Marmite or Yeastrel, or strained tomato purée or cream cheese.
Sponge or Madeira cake, or plain biscuits.
Weak tea. Milk and sugar to taste.
- Dinner.* As lunch.

Note on Light Easily Digested Diets.

Some raw fruit juice should be taken daily. If the patient has a tendency to flatulence, fluids should be taken between meals and not with them.

FOOD LISTS FOR LIGHT DIETS

	Allowed without special restriction	Forbidden
<i>Bread, biscuits, cereal foods, etc.</i>	Stale white bread and toast. Plain biscuits, sweetened or unsweetened. Cornflakes, puffed rice, patent barley, groats, flour of oatmeal. Rice, tapioca, barley kernels, macaroni, spaghetti, vermicelli, cornflour, arrow-root, semolina, sago.	New bread or rolls, wholemeal bread, hot buttered toast. Digestive, coconut, whole wheat, and rye biscuits. Shredded wheat and other wholemeal cereals and porridge. Pastry, suet dumplings, crust, and puddings.
<i>Dairy products</i>	Fresh milk in any form, preferably boiled. Dried milk or proprietary infant or invalid milk foods. Milk or cream cheese. Butter and cream in moderate amounts. Plain ice cream with meals only.	Ice cream between meals. Cheddar and all hard cheeses.
<i>Eggs</i> <i>Fish</i>	Eggs, boiled, poached, or scrambled. Boiled, steamed, or baked haddock, cod, sole, plaice, skate, turbot, halibut, trout, fresh boiled cod's or herring's roe; raw oysters. Tender portions of the following:— Chicken, game if not high, rabbit, lamb or mutton, or steak. Liver, sweetbreads, brains, tripe.	Fried eggs. Herrings, bloaters, kippers, salmon, sardines, eels. Lobster, crab, shrimps, etc. Fried fish. Coarse or fat meats, such as beef, pork, duck, goose, and the sinewy parts of any meat or poultry. Fried meat or made up dishes. Heart.
<i>Meat and fowl</i> ..		
<i>Fruit</i>	<i>Raw fruit</i> (when allowed by the physician). —Mashed banana, peeled and stoned grapes, orange without any of the white septum, ripe peaches and apricots. <i>Fruit juices</i> .—Orange juice and any other sweet fruit juice well strained; tomato juice.	<i>Raw fruit</i> .—Apples, pineapple, gooseberries, currants, strawberries, raspberries, and all fruits containing pips or coarse fibres.

Cooked fruits.—Apples, baked or stewed, avoiding skin and core, stewed peaches and apricots, fresh or tinned; pears, stewed or tinned, avoiding stringy parts.

Purées.—Any stone fruit, dried or fresh, may be taken provided it is sieved; e.g. stewed prunes, stewed dried apricots, stewed plums.

None.

Old potatoes, boiled, mashed, or baked in their jackets. (Skin must not be eaten.) Flower of cauliflower. Young carrots or sieved old carrots. Sieved fresh peas, spinach, marrow, beetroot or tomatoes.

Weak tea and coffee, cocoa, Ovaltine and Bournvita, Instant Postum.

Marmite, Yeastrel, chicken or rabbit broth, strained tomato, potato, and milk soups. Meat soups and meat extracts in small amounts.

Salt in moderation.

Honey, golden syrup, black treacle, jelly.

Condiments and preservatives

Nuts ..
Vegetables ..

Cooked fruits.—Stewed fruits containing pips, such as gooseberries, loganberries, etc.
Dried fruits, unless sieved.

All nuts.

New potatoes. Baked (roast) or fried potatoes.

Cabbage, turnips, swedes, dried or broad beans, dried peas or lentils, onions, leeks.

Celery and rhubarb.

Lettuce, cress, and all raw salads. Parsley.

Strong tea and coffee.

Aerated mineral waters for patients with flatulence.

Pepper, mustard.

Vinegar, mayonnaise, and other salad dressings, pickles, chutney, horseradish. Jam containing pips, peel marmalade, ginger.

SUITABLE DISHES MADE FROM FOODS LISTED AS ALLOWED

- Soups.* Cream of potato; cream of tomato; potato, tomato. (Onion must be avoided.)
Chicken or rabbit broth with rice, tapioca, macaroni, or vermicelli.
Cream of chicken soup (p. 265).
Marmite or Yeastrel made with milk.
- Eggs and cheese.* Creamed eggs (p. 292).
Cream cheese and tomato savoury (p. 290).
- Fish.* Steamed, boiled, grilled, or baked fish with plain white or egg sauce.
Creamed fish (no parsley allowed), steamed fish cream (p. 266), fish custard (p. 266).
Fish soufflé (use minimum of cream).
- Meat and fowl.* Tender meat, roast, grilled, boiled, or steamed.
Plain gravy or sauce.
Creamed chicken or rabbit.
Chicken or rabbit custard (p. 266).
Chicken jelly (p. 266) or chicken or sweetbread in aspic.
Sweetbreads or brains, steamed, or stewed in milk, served with white sauce.
Tripe stewed with tomato sauce or in milk (no onion) (p. 277).
- Puddings.* Milk puddings, rice, tapioca, ground rice, semolina, vermicelli, macaroni (avoid any burnt skin).
Creamed rice, tapioca, or barley kernels.
Blancmange, vanilla or chocolate.
Junket, vanilla or chocolate.
Jellies, fruit flavouring or milk, including chocolate milk jelly.
Soufflés, vanilla, chocolate, etc., hot or cold.
Meringues with a little cream. Apple meringue (p. 267).
Bavarian cream.
Charlotte russe.
Mousses.
Strained fruit whips, e.g. apple, apricot, prune (p. 279).
Queen of puddings (p. 267).
Plain steamed pudding with custard or golden syrup.

Egg custard, baked or boiled, or custard made with custard powder.

Bread-and-butter pudding (p. 267).

Orange mould (p. 267) or fruit sago (p. 280).

Trifle (p. 268).

Butterscotch sago (p. 291).

Note.—Cream for cooking or as an addition to the pudding should be used in small amounts only unless specially prescribed.

Cakes.

Sponge and Madeira cake. Angel cake (p. 280).

Sweets.

Small amounts of plain or milk chocolate or barley sugar may be taken after meals.

SEMI-SOLID DIET

Suitable for :—								PAGE
Achalasia	..	..	..	..	..	..	..	74
Acute cholecystitis	..	..	..	..	..	..	..	84
Bulbar palsy	..	..	..	..	..	..	..	74
Carcinoma of the œsophagus	—early stages						..	74
Fever	..	..	..	..	..	..	..	68
Quinsy	..	..	..	..	..	..	..	73
Sore throat	..	..	..	..	..	..	..	73
Tonsillectomy	..	..	..	..	..	..	..	73
Tubercular laryngitis	..	..	..	..	..	..	..	73

Breakfast. Porridge, groats, or patent barley. Milk and sugar.
Lightly boiled or poached egg if desired.
Tea or coffee with milk and sugar to taste.

Mid-morning. Mashed banana with milk or cream and sugar.

Dinner. Minced fish, chicken, or rabbit mixed with white sauce.
Potatoes mashed with butter and milk or white sauce.
Milk pudding, custard, jelly, junket, or ice cream.
Stewed or baked apple, or other soft fruit.

Tea. Bread and milk.
Tea with milk and sugar if desired.

Supper. Scrambled or creamed eggs or French toast (p. 268).
Pudding, or cereal as at breakfast.

Bedtime Warm cornflour, arrowroot, boiled custard, or bread
(if desired). and milk.

Fresh tomato juice or orange juice with sugar to taste should be taken daily.

All food must be brought to a semi-solid consistency before serving.

The Calorie value of the diet may be increased by adding glucose or other sugar and cream to foods and beverages.

Tonsillectomy.—Ice cream is usually appreciated at least once a day after tonsillectomy, quinsy or any other conditions where the throat is sore. Acid beverages and fruit, such as fresh lemonade and grapefruit, should not be given.

Bulbar palsy.—Fluids are swallowed with great difficulty and should therefore be omitted.

FLUID DIETS

Suitable for :—	PAGE
Acute diarrhoea —intermediate stages	87
(1,000 or 1,500 Calorie fluid diet. Fruit juices must be carefully strained through butter muslin.)	
Acute nephritis —early stages	107
(Barley sugar should also be given.)	
Albuminuria of pregnancy —early stages	111
(Barley sugar should also be given.)	
Carcinoma of the œsophagus	74
Fever	66
(If the patient's throat is sore, acid beverages must be avoided.)	
Tube feeding for gastric ulcer	77
(Orange juice should be given instead of lemon juice once or twice a day.)	
Typhoid fever —acute stages	67
(Fruit juices must be carefully strained through butter muslin.)	

**FLUID FEEDS PROVIDING 1,000 TO 2,500 CALORIES
ARRANGED FOR TWO-HOURLY FEEDING**

(Quantities in ounces)

Calories	1,000	1,500	2,000	2,500
<i>Feeds by day.</i>				
1. { Egg (No.)	1	1	1	1
{ Milk	5	5	5	5
{ Glucose	—	—	$\frac{1}{4}$	$\frac{1}{2}$
2. { Marmite or Yeastrel				
{ Milk	5	5	5	7
{ Junket or milk jelly ..	4	4	5	5
3. { Glucose	—	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{2}$
{ Cream	—	$\frac{1}{2}$	1	1
4. { Orange or lemon juice	1	1	1	1
{ Sugar or glucose ..	—	$\frac{1}{2}$	$1\frac{1}{2}$	2
5. { Milk	6	6	6	6
{ Cream	—	$\frac{1}{2}$	1	1
{ Glucose	—	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{2}$
Tea or coffee if desired				

Calories		1,000	1,500	2,000	2,500
<i>Feeds by day.—cont.</i>					
6.	Boiled custard or ice cream	Egg (No.) .. Milk .. Cream .. Glucose ..	1 4 — —	1 4 $\frac{1}{2}$ $\frac{1}{2}$	1 5 1 $\frac{1}{2}$
7.	{ Orange or lemon juice	1	1	1	1
	{ Glucose	—	1	$1\frac{1}{2}$	2
8.	{ Milk	5	5	6	7
	{ Glucose	—	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
	{ Cocoa, Ovaltine, or Bournvita	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
<i>Feeds by night.</i>					
1.	{ Milk	6	6	6	6
	{ Cream	—	—	$\frac{1}{2}$	1
	{ Glucose	—	—	$\frac{1}{2}$	$\frac{1}{2}$
2.	{ Egg (No.)	1	1	1	1
	{ Milk	5	5	5	5
	{ Glucose	—	—	—	$\frac{1}{2}$
<i>Total daily quantities.</i>					
	Milk	40	40	42	46
	Eggs (No.)	3	3	3	3
	Glucose or other sugar ..	—	$2\frac{1}{2}$	$4\frac{1}{2}$	$7\frac{1}{2}$
	Cream	—	$1\frac{1}{2}$	3	$3\frac{1}{2}$
	Cocoa, Ovaltine, or Bournvita	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
	Orange or lemon juice ..	2	2	2	2
	Tea or coffee to taste				
Carbohydrate (grams) ..		62	134	201	278
Protein (grams)		55	56	59	62
Fat (grams)		63	81	103	117

Note on Fluid Diets.

To increase Calories beyond 2,500, extra feeds similar to those above should be given.

Ordinary sugar may be substituted for glucose if a sweeter beverage is preferred, or lactose if the glucose is too sweet. Where glucose is not well tolerated an equal weight of cream may be substituted.

Unless very sweet beverages are desired, orange juice should be used in those containing little or no sugar, and lemon juice where sugar or glucose is given.

Water may be taken with fruit drinks as desired.

5 oz. (fluid)=a small breakfast-cupful. $\frac{1}{2}$ oz. glucose=a level dessertspoonful. $\frac{1}{2}$ oz. cocoa, Ovaltine, or Bournvita=1 teaspoonful.

DIET SUITABLE FOR PATIENTS WITH GASTROSTOMY

Calories	1,000	1,500	2,000	2,500
<i>Food</i>	<i>g. oz.</i>	<i>g. oz.</i>	<i>g. oz.</i>	<i>g. oz.</i>
Milk	840 28	840 28	660 22	540 18
Cream	— —	60 2	120 4	240 8
Glucose	45 1½	120 4	180 6	210 7
Eggs (No.) ..	4	4	4	4
Carbohydrate (g.)	84·2	160·6	213·6	240·8
Protein (g.) ..	53·6	54·6	56·0	54·0
Fat (g.)	46·8	74·0	98·6	148·6
Calories	997	1,566	2,017	2,584

INSTRUCTIONS.—Five four-hourly feeds each consisting of 8 oz. of the above mixture should be given during the day. 3 oz. well strained orange juice should be given once or twice a day between feeds, and 1 teaspoonful of Marmite or Yeastrel or other vitamin B concentrate should be added to one of the milk feeds. 5 g. common salt should be given each day, dissolved in the feeds.

FEEDS SUITABLE FOR PATIENTS WITH JEJUNOSTOMY

(Based on Scott and Ivy's formula)

Ingredients.

Flour 8 oz. Sugar (sucrose) 5 dessertspoons. Cream 16 oz.
 Milk 32 „ Peptone 6 „ Common salt ¼ oz.
 Water 48 „ 1 Egg yolk

1. Make a white sauce with the flour and milk as follows: Mix the flour to a smooth paste with some of the milk. Bring the remainder of the milk to the boil in a double saucepan. Pour gradually over the paste and stir well. Return to the saucepan, stir constantly until the sauce is thickened, then occasionally until it tastes cooked, which takes 30–40 minutes.

2. Whilst the sauce is cooking, dissolve the sugar and peptone in a saucepan containing the water. Bring to the boil.

3. Add the sugar and peptone solution and the salt to the white sauce, and cook for a few minutes. Pour into jugs, cover, and place in a refrigerator.

4. Add the well-beaten yolk of an egg to the mixture just before using, and strain the whole through several layers of butter muslin.

Mineral and Vitamin Content.—The above feedings contain insufficient amounts of iron and vitamins. An iron medication and concentrates of vitamins A, B, C, and D should therefore be dissolved or emulsified in the feeds.

Method of Feeding.—The drip system is usually considered the most satisfactory as it diminished diarrhæa and jejunal regurgitation. It should be used at the rate of two drops a second, i.e. 6 c.c. per minute. The above ingredients give about 3,200 c.c., which should be divided into four amounts of 800 c.c., each taking about 2½ hours to give. The following times for the drip feeds are suggested :

- | | |
|----------------------|------------------------|
| (1) 6 a.m.—8.15 a.m. | (2) 10 a.m.—12.15 p.m. |
| (3) 2 p.m.—4.15 p.m. | (4) 6 p.m.—8.15 p.m. |

DIETS FOR HYPOCHLORHYDRIA

Suitable for :—	PAGE
Simple hypochlorhydric dyspepsia	76
Chronic gastritis accompanying pernicious anæmia ..	81, 116
Nutritional anæmia with hypochlorhydria	118
(Marmite or Yeastrel should be used as a sandwich spread or as a beverage between meals in these last two conditions. Liver may be included regularly in the diet if the patient enjoys it.)	

DIET FOR HYPOCHLORHYDRIA A

<i>On waking.</i>	Orange or tomato juice.
<i>Breakfast.</i>	Boiled or poached egg. Bread or toast and butter. Small cup of tea if allowed, with milk and sugar to taste (see note, p. 170).
<i>Mid-morning.</i>	Small slice of bread and butter, or biscuit if allowed (see note, p. 170). Tea or coffee with milk and sugar to taste.
<i>Dinner.</i>	Orange juice or small cup of Marmite or Yeastrel. Roast or stewed lamb or rabbit (tender portion). Mashed potatoes. Flower of cauliflower, or new carrots. Milk pudding, custard, or blancmange.
<i>Tea.</i>	Small slice bread and butter, or biscuit if allowed (see note, p. 170). Tea with milk. Sugar to taste.
<i>Supper.</i>	Boiled or poached egg, or fresh milk or cream cheese. Bread and butter or biscuits.
<i>Bedtime.</i>	Small slice of bread and butter, or biscuit if allowed (see note, p. 170). Boiled milk or milk drink.

DIET FOR HYPOCHLORHYDRIA B

<i>On waking.</i>	Orange or tomato juice.
<i>Breakfast.</i>	Boiled or poached egg, or Steamed white fish. Bread or toast and butter. Small cup of tea if allowed, with milk and sugar to taste (see note below).
<i>Mid-morning.</i>	Lemonade or milk drink.
<i>Lunch.</i>	Tomato juice or small cup of Marmite or Yeastrel. Chicken or steamed fish. Mashed potatoes. Sieved spinach or flower of cauliflower. Apple meringue (p. 267) or bread-and-butter pudding (p. 267).
<i>Tea.</i>	Biscuits or thin slice bread and butter with jelly, sieved tomato, or Marmite or Yeastrel if allowed (see below). Tea with milk. Sugar to taste.
<i>Dinner.</i>	As lunch.

Note on Diets for Hypochlorhydria.

For foods allowed and forbidden and list of suitable dishes, see p. 160. Special care must be taken to keep the amount of fat in each meal low. Glucose or lactose may be used in sweet beverages and puddings to increase the calorie value.

In certain cases no fluids should be taken with solid food; in others, small amounts of fluid are given with the main meals, and a biscuit or small slice of bread and butter with the fluid feeds. The physician should be consulted in each case as to which arrangement is desirable.

Biscuits.—The most suitable are cream crackers or rusks which should be well buttered. Plain biscuits, such as Marie or Arrow-root, may be substituted occasionally. Digestive or other wholemeal varieties must on no account be given because of the roughage they contain.

Fish.—The following or similar white fish are suitable: Fresh haddock, hake, plaice, skate, sole, turbot, and also soft roes. They should be slightly salted, boiled or steamed, and served with milk and butter, or plain white sauce. One tablespoonful equals approximately two ounces. No condiments besides salt should be used.

Water.—This should be drunk between feeds, not more than 5 oz. being taken at a time.

Orange Juice.—This should be well strained and taken as instructed under vitamin C on p. 175.

LENHARTZ TYPE OF TREATMENT

Arranged for two-hourly feeding.

Diets 1-7.—These consists of fluid feeds only. Milk, and egg and milk are given alternately, starting with 1 oz. and rising daily by $\frac{1}{2}$ oz. to 4 oz. on Diet 7.

Feeds by day	Food	DIETS						
		8	9	10	11	12	13	14
1	Milk oz.	5	5	5	5	5	5	5
	Buttered rusks or cream .. No.	—	1	1	1	2	2	2
	Gruel oz.	—	—	—	—	—	—	3
2	Egg and milk oz.	5	5	5	5	5	5	5
	Buttered rusks or cream .. No.	—	—	1	1	1	1	2
	crackers No.	—	—	—	—	—	—	—
3	Milk oz.	5	5	5	5	5	5	5
	Buttered rusks or cream .. No.	—	1	1	1	2	2	2
	crackers No.	—	—	—	—	—	—	—
4	Egg and milk oz.	5	—	—	—	—	—	—
	Fish oz.	—	2	2	2	2	2	2
	Pudding oz.	—	3	3	3	3	3	3
5	Buttered rusks or cream .. No.	—	—	—	1	1	1	2
	crackers No.	—	—	—	—	—	—	—
	crackers No.	—	—	—	—	—	—	—
6	Egg and milk oz.	5	5	5	5	5	5	5
	Buttered rusks or cream .. No.	—	1	1	1	1	2	2
	crackers No.	—	—	—	—	—	—	—
7	Milk oz.	5	5	5	5	5	5	5
	Pudding oz.	—	3	3	3	3	3	3
	Buttered rusks or cream .. No.	—	—	—	1	1	1	2
8	Egg and milk oz.	5	5	5	5	5	5	5
	Buttered rusks or cream .. No.	—	—	1	1	1	1	2
	crackers No.	—	—	—	—	—	—	—
Feeds at night when awake.	1. Milk oz.	5	5	5	5	5	5	5
	2. Milk oz.	5	5	5	5	5	5	5

Approximate composition of diets

DIETS	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Carbohydrate.. g.	16	22	62	66	73	116	119	158	203	208	219	230	241	286
Protein .. g.	14	18	27	35	40	44	53	71	91	92	93	95	97	104
Fat .. g.	15	21	30	40	45	51	60	83	127	130	136	154	161	180
Calories ..	260	356	643	783	879	1127	1262	1712	2380	2444	2545	2768	2879	3267

HIGH CALORIE TYPE OF TREATMENT

Arranged for two-hourly feeding. Amounts in ozs.

Feeds by day	Food	DIETS		
		1	2	3
1	Whole milk (fresh or dried)	5	5	5
	Flour of oatmeal (see recipe, p. 273) or patent barley	5	5	5
	Thin crustless stale white bread and butter, slices No.	—	1	2
2	1 egg beaten up in milk	5	5	5
	Barley sugar	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
	Buttered cream crackers or rusks	—	1	2
3	Whole milk (fresh or dried)	5	5	5
	Marmite or Yeastrel to taste			
	Thin crustless stale white bread and butter, slices No.	—	1	2
4	Fresh strained orange juice	1	1	1
	Vegetable purée (see list on next page)	3	4	5
	Boiled or steamed white fish and plain white sauce	—	—	3
	Pudding (see list, p. 171)	5	5	5
	Cream	1	1	1
5	1 egg beaten up in milk	5	5	5
	Barley sugar	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
	Buttered cream crackers or rusks	—	1	2
6	Whole milk, fresh or dried	5	5	5
	Pudding (see list, p. 171)	5	5	5
	Fruit purée (see list on next page)	3	3	3
	Cream	—	1	1
7	White soup (see recipe, p. 265) or whole milk (fresh or dried)	5	5	5
	Buttered cream crackers or rusks	—	1	2
8	1 egg beaten up in milk	5	5	5
	Black treacle or barley sugar	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
	Pudding (see list, p. 171)	5	5	5
	Fruit purée (see list on next page)	3	3	3
Feeds at night (when awake)	1. Whole milk (fresh or dried)	5	5	5
	2. 1 egg beaten up in milk	5	5	5
Between feeds	Strained orange or tomato juice	1	1	1
	Water between all feeds	5	5	5
Approximate food values: Carbohydrate g.		260	310	370
Protein g.		80	85	115
Fat g.		100	160	180
Calories		2324	3108	3662

Notes on High Calorie Type of Treatment.

Milk.—Whole milk, fresh or dried or infant food may be used, flavoured if desired with Ovaltine, Bournvita, Horlick's, Instant Postum, Marmite or Yeastrel. Milk should never be citrated.

Cream.—If cream is too expensive, $\frac{1}{2}$ oz. of butter or vitaminised margarine may be substituted for each ounce of cream, and should be added to vegetable purée or soup in Diets 1 and 2, or to the fish in Diet 3.

Purées.—The following cooked fruits and vegetables are suitable for purée; they should be rubbed through a sound hair sieve; for potatoes a wire sieve or ricer may be used.

Fruits: Apple, peach, pear, if not woody, dried prunes, mixed dried fruit, or apple rings.

Vegetables: Carrot, cauliflower, old potatoes, marrow, spinach.

White Soups.—See p. 265.

Fish.—See list of suitable fish, p. 172.

Puddings.—See p. 171.

Sugar.—Wherever possible feeds should be sweetened with sugar or glucose in order to increase their Calorie value. Black treacle should be added to beverages or spread on biscuits or bread and butter when possible in order to increase the mineral and Calorie content of the diet.

Salt.—All suitable feeds should be seasoned with salt in moderation, but no other condiments should be used.

Vitamins :—

Vitamins A and D: Cod or halibut liver oil and malt or halibut liver oil capsules should be taken before meals three or four times a day.

Vitamin B Complex: Marmite or Yeastrel should be taken at least once a day in milk or on bread or biscuits.

Vitamin C: At least 1 oz. of fresh well-strained orange juice should be taken twice a day. Fresh tomato juice or a full tumbler of tinned tomato juice may be substituted for a change occasionally. If patients have been deprived of vitamin C for a long time, larger doses, in the form of ascorbic acid tablets, should be given until tests show them to be saturated with the vitamin after which the quantities above will suffice.

Diets for Convalescence from Gastric or Duodenal Ulcer.

Dinner.—The tender parts of chicken or meat, brains, sweetbreads, or well-stewed tripe without onion, may be substituted for fish. Thin crustless stale white bread and butter may be substituted for cream crackers or rusks at two or three feeds. Otherwise the diets are similar to those on p. 176.

DIETS FOR HYPERCHLORHYDRIA AND CONVALESCENCE FROM GASTRIC OR DUODENAL ULCER (pp. 75, 79)

Breakfast.

Diet I

Weak tea with plenty of milk. Sugar if desired.
One egg, lightly boiled or poached.

Crustless stale white bread cut thinly, or crisp toast (not hot) and butter.

Honey, golden syrup, strained jelly marmalade, apple, blackcurrant, or bramble jelly.

Diet III

As Diets I and II with the following additional alternatives: Brown bread made from finely ground flour.

Fresh white fish, steamed or grilled. Eggs may be scrambled and a second one added.

Plum, greengage or apricot jam.

Mid-morning.

1 pt. of warm boiled milk, with cocoa, Ovaltine, Bournvita or the like, or Horlick's, Benger's, Marmite, or Yeastrel added as flavouring ; and cream crackers, rusks, or other plain biscuits (not wholemeal).

Dinner.

Fresh white fish, boiled or steamed, or stewed sweetbreads, brains or tripe. Boiled or roast chicken or guinea fowl (no skin or Plain white sauce if desired.

As Diet II with the following additional alternatives:
Tender lamb or mutton, ham, tongue, liver, veal.

Mashed potatoes or crustless stale white bread cut thinly, or plain biscuits.

Flower of cauliflower, sieved
carrots, spinach or peas
or tomato purée.

Milk pudding, custard, junket, blancmange, jelly or plain steamed cake mixture pudding.

Grapes, soft ripe plums, pears, and peaches, avoiding skins, pips, and stringy portions.

Mid-afternoon. As mid-morning.

12 *Tea.*

Weak tea with plenty of milk. Sugar if desired.
Crustless stale white bread cut thinly, or thin, crisp toast
(not hot) and butter.
Honey, golden syrup, apple, black currant or bramble jelly.
Plain sponge or Madeira cake or biscuits.

As Diets I and II with the following additional alternatives: Brown bread made finely ground flour. Plum, greengage, or apricot jam.

Supper or lunch.

One egg lightly boiled or poached, or fresh milk or cream cheese.
Pudding as at dinner if desired, or well-strained milk soup, see pp. 171, 265.
Cream crackers, rusks or other plain biscuits if desired.
Warm boiled milk, flavoured if desired with cocoa, Bournvita or Ovaltine, Benger's, Horlick's, etc.
As mid-morning.

As Diets I and II with the following additional alternatives: Steamed or grilled fresh white fish, chicken, rabbit, brains, sweetbreads, or tripe.

Bedtime.

On waking and during the night, if awake: Milk and plain biscuits.

Interval between meals and feeds.

2 hours. 2-2½ hours. 3-4 hours.

Water up to ½ pint may be taken between feeds and the well-strained juice of an orange *must be taken* twice daily. Fresh strained tomato juice may be substituted occasionally, or a full glass of tinned tomato juice. In cases where fruit juices are not tolerated, 50-100 mg. ascorbic acid may be substituted. Larger doses should be given if the patient has been on a diet deficient in vitamin C for some time.

Food should be cooked with a little salt, but no other condiments may be used.

For suitable dishes and recipes for Diets I and II, see pp. 171, 172, 175: for Diet III, see p. 160.

**SUGGESTED TIMES OF MEALS FOR SHIFT WORKERS
SUFFERING FROM HYPERCHLORHYDRIA**

<i>Hours of shift.</i>	6 a.m. to 2 p.m.	2 p.m. to 10 p.m.	10 p.m. to 6 a.m.
<i>Times of meals.</i>	5 a.m.		
	7.30 a.m.	7.30 a.m.	6.30 a.m.
	10 a.m.	10 a.m.	9 a.m.
	12.30 p.m.	*12.30 p.m.	Bed
	*3.0 p.m.	3.0 p.m.	
	5.30 p.m.	5.30 p.m.	*5.30 p.m.
	8 p.m.	8 p.m.	*8 p.m.
	10.30 p.m.	10.30 p.m.	10.30 p.m.
	Bed	Bed	1 a.m.
			3.30 a.m.

In the above scheme it is assumed that patients live half-an-hour's journey from their work. It must be re-arranged if longer distances are travelled.

The lines enclose the period at work when meals may consist of buttered cream crackers, rusks, or other plain biscuits, and if easily obtainable a milky drink such as cocoa or very weak tea. Patients must stop work entirely for the few minutes required to eat these snacks and take them punctually. The main cooked meal of the day (fish, etc.) can always be taken at home. This is marked with a *.

On a night shift the main meal may be taken either at 5.30 p.m. or at 8 p.m.

LOW RESIDUE DIETS

Suitable for :—	PAGE
Acute diarrhoea	87
Chronic diarrhoea	88
Convalescence from typhoid fever.. .. .	68
Lienteric diarrhoea	83
Meals must be taken dry. Fluids must only be taken between them, and must not be very hot.	
Mucous colitis	89
Spastic constipation	87
Ulcerative colitis	89

LOW RESIDUE DIET A

<i>Breakfast.</i>	Flour of oatmeal or cornflakes with milk and sugar to taste. Egg or smoked haddock. White bread or toast and butter. Golden syrup or honey. Tea or coffee with milk and sugar to taste.
<i>Mid-morning</i> <i>(if desired).</i>	White bread and butter. Cocoa or coffee made with milk. Sugar to taste.
<i>Dinner.</i>	Rabbit or fish (not herring or other fish with fine bones). Mashed potatoes. Milk pudding or chocolate blancmange.
<i>Tea.</i>	White bread and butter. Golden syrup or honey if desired. Madeira or sponge cake if desired. Tea, with milk and sugar to taste.
<i>Supper.</i>	Eggs, cream or milk cheese, or fish. White bread and butter. Cocoa made with milk or other milk drink or carefully strained soup (pp. 264, 265).
<i>Twice during day.</i>	Well-strained orange, lemon, or tomato juice.

LOW RESIDUE DIET B

- Breakfast.* Strained orange or grapefruit juice.
 Flour of oatmeal, patent barley or puffed rice with
 milk and sugar to taste.
 Eggs or grilled fish.
 White bread or toast and butter.
 Strained marmalade or honey.
 Tea or coffee with milk and sugar to taste.
- Lunch.* Soup or strained tomato juice.
 Roast chicken or braised sweetbreads.
 Plain or browned mashed potatoes.
 Steamed cake mixture pudding and strained orange
 sauce.
 Milk or cream cheese and biscuits if desired.
- Tea.* White bread and butter.
 Jelly or honey.
 Strained tomato juice or Marmite or Yeastrel
 sandwiches.
 Madeira or sponge cake or Swiss roll with chocolate
 or jelly filling.
 Tea, with milk and sugar to taste.
- Dinner.* As lunch.
- Twice during day.* Well-strained orange, lemon or tomato juice.

Note on Low Residue Diets.

The foods allowed and forbidden and the suitable dishes given under light, easily digested diet, pp. 160, 162, may be used provided that patients do not take any fruit except well-strained orange, tomato or other fruit juice, nor any vegetables except mashed potatoes.

For convalescence or mild forms of the above disorders the light, easily digested diet on p. 158 may be used. All fruit and vegetables should be carefully sieved so as to free them from stalks, skins, and pips.

For list of foods high and low in roughage, see p. 343.

HIGH CALORIE LOW RESIDUE DIET FOR PATIENTS SUFFERING FROM TYPHOID (p. 67)

Two-hourly feeds by day.

1. Boiled or poached egg, or patent barley with milk or cream and sugar to taste.
White bread or cold toast and butter.
Golden syrup or honey.
Weak tea with milk and sugar to taste.
2. Cream crackers or rusks and butter.
Coffee made with milk. Sugar to taste.
3. Sponge cake or sweet biscuits (not digestive or wholemeal or coconut).
Vanilla egg nog (p. 264) or Marmite or Yeastrel and milk.
4. White fish or smoked haddock, steamed or boiled, with white sauce (no parsley).
Sieved potatoes with milk and butter.
Chocolate blancmange or milk pudding or vanilla ice cream.
5. Cream crackers or sweet biscuits.
Strained orange juice, with water if desired.
6. White bread or toast (cold) and butter.
Sponge or Madeira cake.
Weak tea with milk and sugar to taste.
7. Boiled or poached egg, or fresh milk or cream cheese. White bread, toast, or biscuits. Butter.
Milk pudding or custard.
8. Cream crackers or rusks and butter.
Cocoa, Bournvita, or Ovaltine made with milk. Sugar to taste.

Feeds by night.

1. Biscuits or sponge or Madeira cake.
Well strained orange juice, with water if desired.
2. Plain biscuits.
Boiled milk or milk food.

Patients should take moderate feeds at first, gradually increasing their intake as they improve.

Glucose or lactose should be added to all feeds. Plenty of butter or margarine should be used, and 1 to 2 oz. cream in order to increase the Calorie value. Extra feeds may be given in order to raise the Calorie intake.

Suitable recipes may be chosen from those on pp. 264-268.

HIGH RESIDUE DIETS

Suitable for :—	PAGE
Constipation due to cæcal stasis	87

HIGH RESIDUE DIET A

<i>On waking.</i>	Water, lemonade, or tea.
<i>Breakfast.</i>	Bran cereal, porridge or Shredded Wheat with milk and sugar to taste. Bacon and tomato or egg dish or kipper. Wholemeal bread or toast and butter. Marmalade or jam. Stewed prunes, figs, or other fruit. Tea or coffee with milk and sugar to taste.
<i>Mid-morning</i> <i>(if desired).</i>	Raw fruit or salad. Tea or other beverage.
<i>Dinner.</i>	Meat. Cabbage or other green-leaf vegetable, large helping. Potatoes or root vegetable, small helping. Stewed fruit and custard, or steamed fruit pudding.
<i>Tea.</i>	Wholemeal bread and butter. Jam. Salad or fruit. Fruit cake, oatcakes or Quaker Oats fingers (p. 273) if desired. Tea with milk and sugar to taste.
<i>Supper.</i>	Herrings, kipper, bloater, eggs, or cheese. Wholemeal bread and butter. Stewed or raw fruit. Tea, coffee, or cocoa.
<i>Bedtime.</i>	Water or lemonade.

HIGH RESIDUE DIET B

- On waking.* Water, lemonade or tea.
- Breakfast.* Grapefruit or orange.
 Bran cereal, porridge or Shredded Wheat with milk and sugar to taste.
 Grilled kidney and tomato or mushrooms, or Bacon with egg or tomatoes, or other egg dish.
 Wholemeal bread or toast, or whole wheat or rye biscuits and butter.
 Tea or coffee with milk and sugar to taste.
- Lunch.* Vegetable soup or grapefruit.
 Meat or fish.
 Cabbage or spinach (not sieved), green salad, or other green-leaf vegetables.
 Peas, carrots, parsnips or other vegetable.
 Potatoes, small portion if desired.
 Fruit salad and Quaker Oats fingers (p. 273) or mince pies.
- Tea.* Wholemeal bread or whole wheat or rye biscuits and butter.
 Tomato, jam, cress, or Marmite or Yeastrel sandwiches.
 Fruit cake, or cherry or jam tart.
 Tea with milk and sugar to taste.
- Dinner.* As lunch.
- Bedtime.* Water or lemonade.

Note on High Residue Diets.

Any food may be considered suitable for high residue diets provided that the appetite is not spoilt by taking too much of those containing little roughage, such as milk puddings, potatoes, etc. See table, p. 343, for foods high and low in roughage.

Fruit or salad should be taken with each meal. Plenty of fluid should be drunk during the day.

Agar-agar as jelly (p. 271) or added to stewed fruit will have a laxative action.

MEATLESS DIET FOR TESTS FOR BLOOD IN THE FÆCES

No meat should be taken for four to seven days before the test. Ham, bacon, chicken, rabbit, sweetbreads, and all other offal must be avoided, as well as any foods, such as sausages or meat soup made from them. Fish, cheese, and egg dishes are allowed by some physicians. The recipes on p. 289 for low protein dishes may provide suggestions for a meatless diet, but here the amounts of cheese and egg need not be restricted.

Some physicians forbid all foods except milk, white bread, butter, and cheese for three days before the test.

LOW FAT DIETS

Suitable for :—	PAGE
Catarrhal jaundice	86
Cholecystitis	84
Gallstones, before or after operations	84
(In some cases a little fat is allowed in the above two conditions, but cholesterol is frequently forbidden, in which case foods rich in it, <i>e.g.</i> eggs and brains, may not be taken.)	
Cyclical vomiting in children	
(At least 1 pint of skimmed milk and a vitamin A and D concentrate should be given daily.)	
Migraine	
(The diet should be high in carbohydrate in the above two conditions.)	
Obstructive jaundice	86
Obstructive jaundice with liver degeneration	86
(Protein must be restricted, and meat is forbidden. Small portions of fish may be taken, and extra carbohydrate in the form of sugar, fruits, sweets, jam, etc., should be included in the diet.)	

Note.—Plenty of sugar and glucose should be taken with low fat diets, as well as sweets such as barley sugar, acid drops, and peppermint creams after meals. The following menus may be used for children over 10 years of age. They should take 1–1½ pints of skimmed milk daily, flavoured with weak tea, Bournvita, or Ovaltine if desired. A special low fat diet suitable for younger children is given on p. 190.

LOW FAT

Daily	Sunday	Monday	Tuesday
Breakfast. Bread and marmalade or jam. Tea or coffee with skimmed milk and sugar.	Smoked haddock.	Shredded Wheat. Skimmed milk and sugar.	Kedgerie (p. 276).
Dinner. Bread if desired.	Lean roast beef. Brussels sprouts or runner beans. Potatoes baked in their jackets. Stewed prunes. Skimmed milk custard (p. 278).	Cold lean beef. Beetroot, potatoes, and green salad in season with vinegar. Apple Charlotte (p. 279).	Stewed rabbit and vegetables. Boiled potatoes. Jelly with stewed fruit or fruit salad.
Supper. Bread and jam, etc., or meat extract or Marmite. Weak tea or coffee with skimmed milk and sugar, or well sugared lemonade. A savoury if desired (see daily menu).	Tomatoes stuffed with boiled rice (p. 278).	"Creamed" fish (p. 275).	"Cream" of potato soup (p. 274).

Mid-morning and bedtime.

A skimmed milk beverage flavoured if desired with tea, coffee, meat extract, Fresh fruit should be taken as often as possible.

Note.—To prevent loss of weight extra sugar, glucose or lactose should be taken in

DIET A

Wednesday	Thursday	Friday	Saturday
Porridge. Skimmed milk and sugar.	Force or Shredded Wheat. Skimmed milk and sugar.	Porridge. Skimmed milk and sugar.	Kedgeriee (p. 276).
Steamed white fish. Mashed turnips. Boiled potatoes. Fruit sago (p. 280).	Stewed liver and vegetables. Potatoes mashed with skimmed milk. Skimmed milk rice pudding.	Haddock and tomatoes baked with skimmed milk. Potatoes baked in their skins. Summer pudding.	Stewed lean steak and vegetables. Boiled potatoes. Coffee blancmange, made with skimmed milk (p. 278).
skimmed milk and sugar to taste. Buns if desired.			
Minced rabbit and skimmed milk sauce on dry toast.	Macaroni and tomatoes (p. 277).	Minced stewed liver on dry toast or mixed vegetable salad with boiled dressing (p. 275).	Meat extract and skimmed milk soup (p. 275).

Marmite or Yeastrel, or a little Bournvita or Ovaltine.

beverages, and with stewed fruit and puddings.

LOW FAT

Daily	Sunday	Monday	Tuesday
Breakfast. Bread or toast. Marmalade or jam. Tea or coffee with skimmed milk and sugar to taste.	Grapefruit. Smoked haddock.	Sliced banana. Force. Skimmed milk and sugar.	Orange. Kedgeree (p. 276).
Lunch. Bread or toast. Well-sugared lemonade. Raw fruit.	Steamed chicken. Boiled rice. Cauliflower. Trifle (p. 279).	Cold chicken. Potato and mixed vegetable salad with boiled dressing (p. 275). Skimmed milk tapioca pudding.	"Pan broiled" lean steak (p. 277). Boiled onions, mashed potatoes. Fruit jelly.
Tea. Bread and jam, jelly or golden syrup, sandwiches made of the white of a Oatcake, parkin (p. 281), or angel cake (p. 280). Tea with skimmed milk and			
Dinner. Bread or toast. Well-sugared lemonade. Raw fruit.	Consommé. Stuffed tomatoes (p. 278). Boiled dressing (p. 275). Apple Charlotte (p. 279).	Chicken broth with barley. Roast veal (lean). Boiled potatoes. Spinach. Compôte of pears. Skimmed milk custard (p. 278).	"Cream" of tomatosoup (p. 275). "Creamed" chicken on dry toast (p. 276). Peas or mashed turnips. Boiled potatoes. Prune whip (p. 279).

See note, p. 186.

DIET B

Wednesday.	Thursday	Friday	Saturday
Peach or grapefruit. Porridge. Skimmed milk and sugar.	Grapefruit. Sole steamed in skimmed milk.	Sliced banana. Shredded Wheat, skimmed milk and sugar.	Orange. "Creamed" fish on dry toast (p. 275)
Macaroni and tomatoes (p. 277). Potatoes baked in their jackets. Meringues and red-currant jelly.	Minced liver or veal on dry toast. Boiled celery or seakale. Mashed potatoes. Fruit mould (p. 280).	Baked fresh had-dock with tomatoes (p. 276). Boiled potatoes. Baked apple and skimmed milk custard (p. 278).	Stewed steak or liver and vegetables. Boiled potatoes. Summer pudding.

hard-boiled egg, and cress, tomato, banana, Marmite, Yeastrel, or meat extract. sugar to taste.

Marmite or Yeastrel soup with spaghetti. Roast beef or boiled salt beef (lean). Carrots. Boiled potatoes. Orange custard (p. 280).	"Cream" of potato soup (p. 274). Cold beef (lean). Potato and mixed vegetable salad. Apricot meringue (p. 267).	Mixed vegetable soup. Minced beef with red peppers, or Stuffed egg whites (p. 278). Coffee blancmange made with skimmed milk (p. 278) or baked corn-flour pudding.	"Cream" of mushroom soup (p. 275). Chicken and peas in aspic, or Roast mutton (lean). Skimmed milk rice pudding.
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LOW FAT DIET FOR CHILDREN

- Breakfast.** Porridge or Shredded Wheat or other cereal with skimmed milk and sugar to taste.
Smoked haddock or other fish, steamed or boiled.
Bread and marmalade, jam, or golden syrup.
Skimmed milk flavoured with tea or coffee and sugar to taste.
- Mid-morning.** Banana or other fruit and sugar, or
Bread and jam.
Skimmed milk or well-sweetened lemonade.
- Dinner.** Steamed fish or stewed rabbit or lean meat.
Boiled or mashed potatoes.
Cabbage or carrots.
Skimmed milk pudding or custard, powder custard.
Stewed fruit.
- Tea.** Bread and jam, or tomato, or meat extract, or
Marmite or Yeastrel, or banana sandwiches.
Sugared or currant buns or fruit.
Skimmed milk flavoured with tea and sugar to taste.
- Supper.** Skimmed milk soup or Ovaltine or Bournvita made with skimmed milk.
Bread and jam, or buns.

After meals : Barley sugar, acid drops, or boiled sweets. Marshmallows may be used as sweets or with puddings.

Note.—1 to 1½ pints of skimmed milk should be taken in some form daily. As this diet is deficient in vitamins A and D, these should be given medicinally.

FOOD LIST FOR LOW FAT DIETS

	Foods allowed without special restriction	Foods forbidden
<i>Bread, biscuits, cereal foods, etc.</i>	Bread of any kind. Porridge, groats, Shredded Wheat, Force, or other breakfast foods. Angel cake (p. 280), parkin (p. 281), meringues, buns.	Biscuits, shortbread, gingerbread. Cakes (except angel cake). Cream crackers.

	Foods allowed without special restriction	Foods forbidden
<i>Dairy products and eggs.</i>	Skimmed milk, fresh, tinned, or dried. Lister's Golden Spread.	Whole milk, fresh, tinned, or dried. Cream, ice-cream, butter, margarine, cheese. Eggs.
<i>Fish</i>	White fish, such as had-dock, fresh or smoked, sole, plaice, whiting, skate, turbot, lobster, crab, oysters.	Herrings, fresh or smoked, kippers, bloaters, mackerel, halibut, sardines, anchovies, salmon. Fried fish.
<i>Meat and fowl.</i>	Very lean meat, chicken, rabbit, liver (stewed), tripe.	Fat meat, including pork, ham, bacon, brains, duck, goose.
<i>Animal fats ..</i>	None.	All.
<i>Vegetables ..</i>	All boiled or steamed vegetables, including potatoes and pulses.	Fried potatoes, onions, or other fried vegetables.
<i>Fruits</i>	All fruits, fresh, tinned, and dried, except olives and Avocado pears.	Olives and Avocado pears.
<i>Nuts</i>	Chestnuts.	All nuts, (except chest-nuts) and sweets containing them.
<i>Beverages ..</i>	Tea, coffee, Instant Postum. Ovaltine or Bournvita in small quantities only. Fruit drinks with water or soda water.	Cocoa, chocolate.
<i>Soups</i>	Clear meat, chicken, or vegetable soup, Marmite or Yeastrel, or meat extracts (see pp. 269-270). Skimmed milk soups.	Soups and gravies containing fat, soups made with whole milk or cream.
<i>Condiments and flavourings.</i>	All except those containing oil.	Mayonnaise and other salad dressings containing oil.
<i>Sweets</i>	Barley sugar, boiled sweets, bull's-eyes, peppermint creams, marshmallows.	Chocolate, toffee, marzipan, fudge or other sweets containing fat or nuts.

LOW FAT DIETS—SUITABLE DISHES

- Soups.* Consommé or other clear soup with tapioca, spaghetti, barley, or served with dry toast.
 Tomato soup (p. 274). Potato soup (p. 274). Mixed vegetable soup.
Skimmed milk soups.—"Cream" of potato soup (p. 274). Carrot, artichoke, cauliflower, or other vegetable soup (p. 275). Meat extract, Marmite or Yeastrel, and skimmed milk soup (p. 275).
- Fish.* Boiled or steamed fish with parsley or tomato sauce (p. 275).
 "Creamed" fish (p. 275).
 Scalloped fish (p. 276).
 Baked fish with tomatoes or mushrooms (p. 276).
 Fish in aspic (p. 276).
 Kedgerree (p. 276).
 Lobster salad with vinegar or boiled dressing (p. 275).
 Fish pie (p. 276).
- Meat and fowl.* Stewed lean meat.
 Centre cuts of roast lean meat.
 Stewed rabbit or liver.
 Stewed tripe and onions or tomatoes (p. 277).
 Steamed, boiled, or stewed chicken or pigeon.
 Roast chicken, pheasant, or guinea-fowl (no skin or fat).
 "Creamed" chicken (p. 276).
 Chicken jelly (p. 272).
- Vegetables and salads.* Potatoes mashed and moistened with skimmed milk.
 Celery and apple salad (p. 278).
- Puddings.* Blancmange or rice, tapioca, or similar pudding made with skimmed milk.
 Fruit sago (p. 280) or fruit mould (p. 280).
 Skimmed milk junket or jelly (p. 281).
 Apple Charlotte (p. 279). May be made with any fruit.
 Apple meringue (p. 267). May be made with any fruit.
 Fruit whip (p. 279).
 Semolina whip (p. 280).
 Meringues with jam or jelly.
 Water ices.
 Jellies.
 Trifle (p. 279).
 Skimmed milk custard.
 "Creamed" rice and banana (p. 279).
 Boiled rice and jam.
 Orange custard (p. 280).
 Orange mould (p. 267).
 Compôte of fruit (p. 268).

Summer pudding.

Marshmallows or " Mallocream " may be used with any pudding or stewed fruit.

Savouries.

Macaroni and tomatoes (p. 277).

Baked tomatoes (p. 277).

Stuffed tomatoes (p. 278).

Stuffed egg whites (p. 278).

Beverages.

All fruit drinks (p. 264) made as for high Calorie diets.

Coffee, Instant Postum, Ovaltine, or Bournvita made with skimmed milk.

DIET FOR CHRONIC PANCREATITIS (p. 83)

- Breakfast.* Stewed fruit and sugar, or mashed banana with sugar or jam.
Tea or coffee with skimmed milk. Sugar to taste.
- Mid-morning.* Well-sugared lemonade, or Benger's Food, Ovaltine or Bournvita made with skimmed milk.
Grapes or other fruit.
- Dinner.* Steamed fish, chicken, or rabbit.
Baked or stewed tomatoes.
Skimmed milk junket or jelly, or orange or other fruit jelly.
Baked apple or other fruit with sugar.
- Tea.* One rusk with jam or honey.
Tea with skimmed milk. Sugar to taste.
- Supper.* As dinner.

Starchy and fat foods are forbidden, and protein allowed in moderation only. Sugary foods, skimmed milk, fruits, and non-starchy vegetables therefore form the basis of the above diet.

FOOD LIST FOR CHRONIC PANCREATITIS

- Bread, biscuits, cereal foods, etc.* Small amounts, if allowed.
- Dairy products.* Skimmed milk only.
- Eggs.* Whites only.
- Fish.* White fish, including smoked and fresh haddock, plaice, sole, cod. Oysters.
- Meat and fowl.* Very lean meat, tripe, sweetbreads.
Chicken, rabbit, guinea-fowl, pheasant, pigeon.
Gelatine.
- Fruit.* All fruit, raw or stewed, fresh, dried or tinned, except olives and Avocado pears.
- Nuts.* None.
- Vegetables.* All vegetables except potatoes and pulses.

- Beverages.* Tea and coffee.
Well-sugared lemonade or other fruit drinks.
Benger's Food, Ovaltine, or Bournvita made with skimmed milk.
- Soups.* Clear chicken or rabbit broth, or skimmed milk vegetable soups without thickening, flavoured with suitable vegetables, or Marmite or Yeastrel.
- Condiments and preserves.* Salt and pepper in moderation.
Marmalade, jams, honey, golden syrup, black treacle, jellies.

DIET FOR LIVER DEGENERATION (p. 85)

DIET A

Food.			Protein.
g.	oz.		g.
<i>Breakfast</i>			
180	6	Porridge, cooked	2.4
45	1½	Bread. Butter as desired. Jam, marmalade or syrup.	3.3
150	5	Milk in tea or coffee and on porridge. Sugar to taste.	4.5
<i>Mid-morning</i>			
(Can be combined with breakfast if desired)			
Well-sugared lemonade.			
30	1	Bread with butter as desired	2.2
or			
22	¾	Biscuits.	
Fruit if desired.			
<i>Dinner</i>			
60	2	Fish (cooked as desired)	10.2
Potatoes and other vegetables.			
100	3½	Milk as junket or with rice or tapioca..	3.2
Stewed fruit.			
<i>Tea</i>			
60	2	Bread. Butter as desired	4.4
Salad, raw fruit, jam or honey.			
60	2	Milk in tea	1.8
<i>Supper</i>			
30	1	Cheese or 1 egg	7.1
60	2	Bread	4.4
100	3½	Milk, with weak tea or coffee if desired	3.2
Stewed or raw fruit.			
			46.7

DIET B

Food.		Protein.
g.	oz.	g.
		<i>Breakfast</i>
		Grapefruit or other fruit with plenty of sugar.
60	2	1 Egg (cooked as desired) 5.9
60	2	Bread with butter and marmalade to taste .. 4.4
		Milk in tea or coffee. Sugar to taste 1.8
		<i>Lunch</i>
60	2	Macaroni cheese with tomatoes or alternative low protein dish (double recipe, p. 290). Potatoes and other vegetables. Fruit mould (p. 280). Cream. 14.0
		<i>Tea</i>
30	1	Bread or scones with butter to taste. Jam or honey. 2.2
30	1	Sweet biscuits or shortbread or Quaker Oats fingers (p. 273). 1.7
60	2	Milk in tea 1.8
		<i>Dinner</i>
90	3	Clear vegetable soup. Fish (cooked as desired).. .. . 15.3
100	3½	Potatoes and other vegetables. Milk as "creamed" rice and banana or junket or milk pudding. 3.2
		Raw fruit.
		50.3

Note on diets for liver degeneration.—Plenty of sugar, glucose, jam and butter should be taken with the above diets in order to increase the calories, and sweets such as barley sugar, acid drops, and peppermint creams after meals.

DIET FOR SPRUE (p. 82)**DIET I.**

(High protein, low fat)

Breakfast.

Two rusks.

Salisbury steak, 5 oz. (p. 281), or steamed fish, 6 oz.

Tea. Skimmed milk. Sugar or glucose to taste

Mid-morning.

Skimmed milk, 5 oz., and glucose, flavoured with coffee.

One rusk.

Dinner

Orange or tomato juice cocktail, or Marmite or Yeastrel or liver soup (p. 282), or spinach soup (p. 269).

Salisbury steak (p. 281), or lean beef or minced liver, 5 oz.

Spinach.

Sieved banana, strawberries, or ripe papaya or baked apple.

Skimmed milk jelly or junket with glucose (p. 281).

Tea.

Two rusks with scraped beef, minced liver, or Marmite or Yeastrel.

Tea. Skimmed milk. Glucose.

Supper.

Two rusks. Marmite or Yeastrel skimmed milk soup (p. 282).

Orange jelly (p. 281).

Bedtime.

Vanilla whip (p. 282).

Condiments.

Only salt may be used in seasoning meat dishes.

Marmite or Yeastrel should be taken daily in soup or on rusks.

DIET II.

Add a small portion of boiled or baked custard (p. 282) to dinner.

Honey, golden syrup, or black treacle should be spread on rusks.

Later a boiled or poached egg may be given about three times a week.

DIET III.

During convalescence the diet on p. 179 (low residue) would be suitable, provided the fat is kept at a minimum, and Marmite or Yeastrel and large helpings of lean meat or liver are taken daily.

Soups must not be served very hot. Marmite or other yeast extract should be given daily.

Only white fish (not fat) such as haddock, sole, plaice, cod, etc., are suitable.

Any lean meat, such as beef, veal, leg of mutton may be used, the fat parts being carefully removed.

Milk Diet.—A diet consisting of two-hourly feeds of milk (up to half a pint at each feed) is sometimes used for patients suffering from sprue. Well strained orange or tomato juice should be given daily with this diet.

LOW PURINE DIETS

Suitable for :—

PAGE

Gout III

LOW PURINE DIET A

Breakfast.

One egg, fried or scrambled.
 White bread and butter.
 Marmalade.
 Very weak tea or Instant
 Postum

Mid-morning (if desired).

Bread and butter.
 Tomato or other fruit.
 Lemonade.

Dinner.

Welsh rarebit, macaronicheese
 with tomatoes or other suitable
 dish (p. 292).
 Potatoes and other vegetables.
 Milk pudding.
 Stewed fruit.

Tea.

White bread and butter.
 Fruit or tomatoes if desired.
 Biscuits, cake, buns, or short-
 bread.
 Very weak tea.

Supper.

White bread and butter.
 Cheese or 1 egg.
 Milk, Instant Postum, or
 lemonade.

LOW PURINE DIET B

Breakfast.

Grapefruit or melon.
 1 Egg, fried or scrambled, and
 tomato.
 White bread and butter.
 Marmalade.
 Very weak tea or Instant
 Postum.

Lunch.

Orange or tomato juice cock-
 tail.
 Risotto with cheese, creamed
 egg, or other suitable dish
 (p. 292).
 Potatoes and other vege-
 tables.
 Stewed fruit and cream.

Tea.

White bread and butter.
 Jam, honey, golden syrup,
 cress, or tomato.
 Cake, buns, shortbread, or
 biscuits.
 Very weak tea.

Dinner.

Marmite or Yeastrel, or mixed
 vegetable soup.
 Scotch egg (p. 290) or cheese
 soufflé.
 Potatoes and other vege-
 tables.
 Honeycomb mould or apple
 Charlotte.
 Raw fruit.

For purine content of foods, see Table IX., p. 342.

Note on Low Purine Diets.

Some physicians allow tea, coffee, and cocoa since these beverages contain methylpurines, and these substituted purines probably do not give rise to uric acid in the body.

Brown bread, oatmeal and other whole cereal foods should be avoided.

DIABETIC

MENU A. FOR

Meal	Sunday	Monday	Tuesday
<i>Breakfast.</i>			
Relish	Kipper.	Boiled egg.	Poached egg.
<i>Dinner.</i>			
Meat	Roast mutton.	Cold mutton.	Mince as shepherd's pie with potato from allowance.
Vegetables (see p. 334).	Potatoes daily. 2 oz. fresh peas or broad beans or beetroot may be 1 oz. potatoes.		
Vegetables (see p. 337).	Brussels sprouts or French beans.	Lettuce and tomato, or cabbage or marrow.	Brussels sprouts or cabbage.
Fruits (see p. 335) (These should be varied according to the season.)	Baked apple.	Stewed damsons or prunes.	Stewed apples.
Pudding (see recipes, pp. 284-286).	Baked custard.	Milk jelly (lemon flavour).	Baked custard.
<i>Tea.</i>			
Relish	Egg.	Cheese.	Sardines.
<i>Supper.</i>			
Moderately fat meat or alternative.	Ham.	Kippers.	Cheese.
Low fat meat or alternative.	Haddock.	Salt cod or smoked haddock.	Rabbit.
Fruit (see p. 335)	Orange.	Grapes.	Banana.

Bread, butter and milk in

DIETS (pp. 90-106)**DIABETIC PATIENTS**

Wednesday	Thursday	Friday	Saturday
Bloater.	Boiled egg.	Scrambled egg (butter from allowance).	Smoked haddock.
Stewed steak.	Roast or boiled beef or mutton chops.	Grilled mackerel or cold beef.	Stewed steak.

substituted for 1 oz. potatoes when desired, or 1 oz. dried peas or beans for

Boiled celery or French beans.	Spinach or cab- bage.	Cauliflower or cabbage.	Cabbage or other greens or mar- row.
Stewed dried apricots.	Stewed apples or cherries.	Stewed prunes or raspberries.	Stewed pears or plums.
Junket.	Baked custard.	Milk jelly (van- illa flavour).	Coffee junket.
Egg.	Ham.	Cheese.	Sardines.
Smoked haddock and extra but- ter during the day.	Herring.	Ham or bloater.	Cheese.
Skate or smoked haddock.	Rabbit or milk cheese.	Haddock.	Rabbit.
Grapefruit.	Grapes.	Pear or orange.	Banana.

accordance with prescription.

MENU B. FOR

Meal	Sunday	Monday	Tuesday
Breakfast.			
Fruit	Grapefruit.	Orange.	Melon or sliced banana.
Relish.			
Low fat ..	Boiled egg.	Poached egg.	Grilled kidney.
Moderate fat ..	Egg and bacon.	Kipper.	Ham and eggs.
Lunch.			
Soup (see pp. 269-270).	Consommé.	Beef broth.	Chicken broth.
Meat	Roast beef.	Roast chicken.	Roast veal.
Vegetables (see p. 334).	Potatoes daily.	For alternatives, see Menu A.	
Vegetables (see p. 337).	Brussels sprouts or French beans.	Cauliflower or spinach.	Seakale or cabbage.
Fruit (these should be varied according to the season).	Baked apples.	Fresh fruit salad (p. 287).	Stewed fresh apricots or pears.
Pudding (see recipes, pp. 284-286).	Boiled custard.	Honeycomb mould.	Floating island.
Tea.			
Sandwich filling	Egg and cress.	Meat extract.	Lettuce or radishes.
Dinner.			
Soup (see recipes, p. 269).	Clear cauliflower soup.	Asparagus soup.	Spinach soup (meat stock).
Meat	Cold ham.	Grilled chop.	Roast duck.
Vegetables (see p. 334).	Potatoes daily.	For alternatives, see Menu A.	
	Beetroot.	Carrots.	Peas.
	Green salad.		
Pudding (see recipes, pp. 287-288).	Rice pudding.	Bread-and-butter pudding.	Fruit jelly.
Fruit (see p. 335)	Pear or orange.	Grapes.	Orange.

Bread, butter and milk in

DIABETIC PATIENTS

Wednesday	Thursday	Friday	Saturday
Peach or grapes.	Apple or strawberries.	Grapefruit.	Orange.
Smoked haddock.	Poached egg.	Boiled egg.	Fresh roes or grilled kidney.
Poached egg on smoked haddock and extra butter during day.	Liver and bacon.	Scrambled egg.	Fresh roes or grilled kidney and bacon.
Meat extract.	Clear celery soup.	Marmite or Yeastrel.	Mutton broth.
Grilled sweet-breads.	Stewed steak and kidney.	Steamed fish.	Grilled steak.
Stewed celery or runner beans.	Baked tomatoes or cabbage.	Cauliflower or marrow.	Cabbage or stewed endive.
Stewed apples.	Stewed prunes or plums.	Stewed dried apricots or fresh raspberries.	Sliced fresh peaches or banana.
Milk jelly (coffee flavour).	Fruit whip.	Orange jelly.	Junket or baked custard.
Marmite or Yeastrel.	Watercress.	Tomato.	Cucumber.
Veal broth.	Beef broth.	Cabbage soup.	Meat extract.
Boiled halibut or pork chop.	Roast lamb.	Boiled salmon or chicken and ham patty.	Stewed lamb.
Carrots or apple sauce.	Broad beans or parsnips.	Peas or carrots.	Mashed turnips, swedes, or boiled onions.
Queen of puddings.	Creamed tapioca or baked custard.	Banana jelly.	Apple Charlotte.
Banana.	Peach or pear.	Apple.	Plums or grapes.

accordance with prescription.

THE "LINE RATION"

One black portion added to one red

Carbohydrate Foods (containing sugar or starch)

<i>Black Portions (10 g. C.)</i>	<i>oz.</i>
Flour, Rice, Sago, Tapioca (raw)	$\frac{3}{4}$
Biscuit or Toast ; Oatmeal, Macaroni or Prunes (dry) ..	$\frac{1}{2}$
Bread (all kinds)	$\frac{1}{2}$
Potato, Peas or Beans (dried or tinned) ; Banana or Grapes ; Dried Apricots (stewed)	2
Parsnips ; Ripe Greengages ; Prunes (stewed)	3
Raw Apple, Pear, Cherries, Gooseberries, Plums, Damsons, Orange (skinned) ; Young Peas or Beetroot	4
Peach or Apricot (ripe) ; Greengages (stewed) ; Broad Beans	5
Strawberries ; Stewed Pears, Damsons or Plums	6
Milk ; Raspberries or Melon (ripe)	7
Apples or Cherries (stewed) ; Carrots or Leeks	8
Loganberries ; Blackberries (stewed)	10
*Grapefruit (in skin) ; Tomatoes ; Red Currants or Black Currants (stewed)	12
*Onions or Turnips	14

* Half portions of these are usually enough.

Negligible Starch Content in Average Helpings of—

Asparagus, Green Artichokes, French Beans, Brussels Sprouts, Cabbage, Cauliflower, Celery, Cranberries, Cress, Cucumber, Egg Plant, Endive, Stewing Gooseberries, Greens, Horse-radish, Lemons, Lettuce, Marrow, Mushrooms, Radishes, Rhubarb, Salsify, Scarlet Runners, Seakale, Spinach.

*Extras of no food value : Tea, Coffee, Soda Water,
From The Line Ration Scheme. R. D. Lawrence. By kind*

DIET SCHEME

portion = one Line ration.

Red Portions (Protein and Fat)

<i>7½ g. Protein and</i>	<i>9 g. Fat Extra fat oz.</i>
One Egg	0
Bacon 1 oz	(lean only to be used)
Ham 1 oz	0
Kipper 1 oz	1
Herring 1 oz	1
Lean Beef or Mutton 1 oz	½
Lean Lamb or Veal 1 oz	½
Lean Pork or Duck 1 oz	0
Chicken or Pigeon 1 oz	½
Tongue (tinned or fresh) 1 oz	0
Liver 1 oz	½
Kidney or Tripe 1½ oz	½
Rabbit or Hare ¾ oz	½
Cheese 1 oz	0
White Fish or Sweetbreads 1½ oz	½
Sardines 1 oz	0
Salmon 1 oz	½
Crab or Lobster 1½ oz.	½
Pheasant, Grouse, Partridge ¾ oz	½

Fats to be added in amounts stated are Meat Fats, Suet, Dripping, Butter, Margarine, Olive Oil; or Thick Cream in twice the amount stated for other fats.

Meat Extracts, ordinary condiments and flavourings.

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DIABETIC LINE RATION DIET*With insulin before breakfast and late dinner*

Prescription : Carbohydrate .. 150 grams } 15 black portions
 Protein 75 " } and 10 red portions
 Fat 90 " } (9 grams fat per portion).
 Calories = 1,760

	Carbo- hydrate g.	Pro- tein g.	Fat g.	Black por- tions	Red por- tions
<i>Breakfast.</i>					
2½ oz. bread	40	—	—	4	—
1½ oz. bacon (lean) ..	—	11½	13½	—	1½
Two eggs	—	15	18	—	2
Tea with 1½ oz. milk ..	2½	—	—	½	—
<i>Mid-morning (or with break- fast).</i>					
3 oz. raw apple or orange	7½	—	—	½	—
<i>Lunch.</i>	50	26½	31½	5 B.	3½ R.
3 oz. chicken or lean meat (extra fat taken as cream or butter)	—	22½	27	—	3
3 oz. potato	15	—	—	1½	—
Cauliflower or cabbage as desired.					
4½ oz. stewed prunes ..	15	—	—	1½	—
1½ oz. cream or ½ oz. extra butter (see above) ..	—	—	—	—	—
<i>Tea.</i>	30	22½	27	3 B.	3 R.
1½ oz. bread	20	—	—	2	—
½ oz. butter.					
Celery, radishes, or lettuce as desired.					
Tea with 1½ oz. milk ..	2½	—	—	½	—
<i>Dinner.</i>	22½	—	—	2½ B.	—
Clear soup if desired.					
3 oz. lean beef (extra fat taken as butter for tea and dinner)	—	22½	27	—	3
3 oz. potatoes	15	—	—	1½	—
4 oz. carrots	5	—	—	½	—
½ oz. butter on vegetables.					
3½ oz. milk } baked custard	5	—	—	½	—
½ egg } (p. 284)	—	3½	4½	—	½
1½ oz. milk in coffee (ground)	2½	—	—	½	—
1 oz. biscuits or 1½ oz. bread	20	—	—	2	—
Total	47½	26½	31½	4½ B.	3½ R.
	150	75	90	15 B.	10 R.

DIABETIC DIET

WEIGHED CARBOHYDRATE, UNWEIGHED PROTEIN AND FAT

(from Line Ration Diet Scheme)

*With insulin before breakfast and late dinner**Prescription* : Carbohydrate 120 grams = 12 black portions.

Protein and fat in moderate helpings as desired.

	Carbo- hydrate g.	Black portions
<i>Breakfast.</i>		
Kipper	—	—
1½ oz. toast	30	3
Butter	—	—
Tea with 1½ oz. milk	2½	¼
<i>Mid-morning (or with breakfast).</i>		
One orange (3 oz.)	7½	¾
	40	4
<i>Lunch.</i>		
Fish	—	—
3 oz. potato	15	1½
Cauliflower	—	—
½ oz. biscuits	10	1
Cheese	—	—
Butter	—	—
	25	2½
<i>Tea.</i>		
¾ oz. bread	—	—
Butter	10	1
3 oz. tomato	2½	¼
Tea with 1½ oz. milk	2½	¼
	15	1½
<i>Dinner.</i>		
Clear soup	—	—
Meat	—	—
3 oz. potato	15	1½
4 oz. leeks	5	½
4 oz. stewed apple with cream (or custard). (See below)	5	½
3½ oz. milk with coffee or as custard (p. 284)	5	½
½ oz. biscuits	10	1
Cheese	—	—
	40	4
Total	120	12

**SCHEME FOR ARRANGING A DIABETIC DIET,
WITH MEASURED CARBOHYDRATE;
Protein and Fat as desired.**

Suitable for patients not taking insulin

(From "A Simple Diabetic Diet." R. D. Lawrence.
H. K. Lewis & Co., Ltd., London.)

Foods Allowed Without Special Restriction:

Non-carbohydrate foods.

Drinks: Tea, coffee, water, soda, fresh lemonade, clear soups, beef-tea, meat and yeast extracts.

Seasoning: Saccharine for sweetening; salt, pepper, vinegar, mustard.

Meat, fish, etc.: (Protein and fats).

Average helpings of all animal foods, such as beef, veal, mutton, pork, bacon, ham, liver, kidney, tripe, etc.; eggs; poultry, game; fish, shell-fish; cheese, gelatine. Fats, such as meat fats, butter, cream, olive oil, dripping, suet.

Vegetables and fruit:

Vegetables: Group I.—Asparagus, Brussels sprouts, cabbage, cauliflower, celery, chicory, cress, cucumber, egg-plant, endive, French beans, greens, horse-radish, lettuce, marrow, mushrooms, olives, pumpkin, radishes, scarlet runners, seakale, spinach.

Fruit: Group I.—Cranberries, lemons, stewing gooseberries, and rhubarb.

Foods Allowed only as Prescribed:

Nine tablespoonfuls (moderately heaped) per day of one of the following vegetables or fruit (=about 5 g. C.):

Vegetables: Group II.—Carrots, leeks, onions, turnips.

Fruit. Group II.

Fresh fruit, stewed: Apples, apricots, blackberries, cherries, damsons, greengages, pears, plums.

Fresh fruit, raw : Loganberries, raspberries, strawberries ; or one orange or small apple or peach or plum ; or half grapefruit ; or 1 slice melon.

Milk : $3\frac{1}{2}$ oz. ($\frac{1}{2}$ teacupful).

Group III. The following exact quantities (=about 10 g. C.) :

Bread ($\frac{3}{4}$ oz.) by weight or measure * (1 portion) or	{	One of the following in place of one bread portion :
		Potato (size hen's egg).
		Oatmeal, rice, or tapioca, 1 dessertspoon.
		Benger's or Horlick's, 2 teaspoons.
		Two plain biscuits ($\frac{1}{2}$ oz.), such as "Breakfast" or "Water," or two sections Vitaweat or Ryvita.

Forbidden Foods :

The following must not be taken, unless specially allowed :—

Sugar, jam, sweets, flour, biscuits, cakes, pastry, porridge, rice, tapioca, sago, tinned and dried fruits, peas, dried beans ; grapes, figs, dates, bananas ; beer, stout, port, sweet mineral waters (lemonade, ginger-beer, ginger-ale, etc.), coffee essence ; sausages.

Fresh fruit and milk, bread and potatoes only as allowed. Special "Diabetic" breads or biscuits or sweets should not be taken unless specially ordered by the doctor. Sugar, flour, or breadcrumbs must not be used in cooking.

Sample Diet

<i>Prescription.</i>	Carbohydrate 100 grams.		Grams C.
Breakfast	Group 3	2 portions	20
Mid-day	Group 3	2 portions	20
Tea	Group 3	2 portions	20
Evening	Group 3	2 portions	20

Daily.

Milk, 7 oz.	Group 2	2 portions	10
	Group 2	1 portion	10
	Group 1	As desired	—
			100

Non-carbohydrate foods as desired :

In case of illness, 2 lumps or 2 teaspoonsful of sugar may be substituted for 1 bread portion.

* A convenient metal measure may be obtained from H. K. Lewis & Co., Ltd., London.

DIABETIC DIETS WITH WEIGHED CARBOHYDRATE, PROTEIN AND FAT.

DIABETIC DIETS A

Without Insulin

For notes, see p. 218.

<i>Prescription.</i>							
Carbohydrate	..	g.		100		120	150
Protein	..	..	..	70		70	75
Fat	..	..	..	100		100	100
Calories	..	..	..	1,627		1,709	1,853
<i>Breakfast.</i>							
Egg	..	..	No.	g. oz.	g. oz.	g. oz.	g. oz.
				one	one	one	one
Bacon, raw weight	..	..	..	30 1	30 1	30 1	30 1
Tomato	..	..	..	60 2	60 2	60 2	60 2
Bread	..	..	..	30 1	30 1	45 1½	45 1½
Milk in tea or coffee	..	..	..	45 1½	45 1½	45 1½	45 1½
<i>Mid-morning.</i>							
Bread	{ Can be combined with break- fast if desired			15 ½	20 ½	30 1	
Milk in tea or coffee				45 1½	45 1½	45 1½	
Carbohydrate at breakfast and mid-morning .. g.				28·1	30·6	43·1	
<i>Dinner.</i>							
Meat	..	..	..	60 2	60 2	60 2	
Cabbage or other vegetable on p. 337, as much as desired.	..	..	..				
Potatoes	..	..	..	60 2	60 2	120 4	
Apple, raw	..	..	..	45 1½	90 3	90 3	
or other fruit (p. 335) containing	..	..	..	5 g. C.	10 g. C.	10 g. C.	
Milk as custard or junket	..	..	..	100 3½	100 3½	100 3½	
or unsweetened biscuit	..	..	..	7 ½	7 ½	7 ½	
Carbohydrate at dinner g.				22·0	27·0	37·0	
<i>Tea.</i>							
Cheese	..	..	..	30 1	30 1	30 1	
or				or	or	or	
Egg	..	..	No.	one	one	one	
Bread	..	..	..	45 1½	52 1½	60 2	
Tomato	..	..	..	60 2	60 2	60 2	
Green salad (see p. 337) if desired.	..	..	..				
Milk in tea	..	..	..	60 2	60 2	60 2	
Carbohydrate at tea g.				26·7	30·2	34·2	

DIETS

211

Carbohydrate	g.	100	120	150
<i>Supper.</i>				
Ham, cheese, kipper,				
salmon, or meat	60 2	60 2	60 2	
Bread	30 1	37 1½	45 1½	
Orange	60 2	120 4	120 4	
or other fruit (p. 335)				
containing	5 g. C.	10 g. C.	10 g. C.	
Milk in tea or coffee ..	60 2	60 2	60 2	
Carbohydrate at supper	g.	22.6	31.3	35.1
Butter all day		45 1½	45 1½	45 1½

DIABETIC DIETS B

Without Insulin

<i>Prescription.</i>				
Carbohydrate g.	100	120	150	
Protein "	70	75	75	
Fat "	100	100	100	
Calories "	1,627	1,730	1,853	
<i>Breakfast.</i>				
Grapefruit	g. oz.	g. oz.	g. oz.	
or other fruit (p. 335)	100 3½	100 3½	100 3½	
containing	5 g. C.	5 g. C.	5 g. C.	
Egg	one	one	one	
or	or	or	or	
Kidney	30 1	30 1	30 1	
Bacon (raw weight) ..	30 1	30 1	30 1	
Bread	40 1½	45 1½	60 2	
Milk in tea or coffee ..	60 2	60 2	60 2	
Sugarless marmalade if desired.				
Carbohydrate at breakfast	g.	27.6	30.1	37.6
<i>Lunch.</i>				
Clear soup if desired.				
Meat	90 3	90 3	90 3	
Cauliflower or other vegetable on p. 337, as much as desired.				
Potatoes	60 2	90 3	120 4	
Grapes	30 1	30 1	60 2	
or other fruit (p. 335)				
containing	5 g. C.	5 g. C.	10 g. C.	
Milk in jelly or other sweet containing 5 g. C. (p. 284)	100 3½	100 3½	100 3½	
or	or	or	or	
unsweetened biscuit ..	7 ½	7 ½	7 ½	
Carbohydrate at lunch	g.	22.0	27.0	37.0

Carbohydrate	g.	100	120	150
<i>Tea</i>		g. oz.	g. oz.	g. oz.
Bread		45 1½	60 2	67 2½
Cress, Marmite or Yeastrel, or meat extract as spread.				
Milk in tea		60 2	60 2	60 2
Carbohydrate at tea	g.	25.1	32.6	36.4
<i>Dinner.</i>				
Clear soup if desired.				
Chicken, roast		60 2	60 2	60 2
Peas, fresh		65 2½	65 2½	65 2½
or		or	or	or
Carrots		120 4	120 4	120 4
or other vegetable (p. 334)				
containing		5 g. C.	5 g. C.	5 g. C.
Potatoes		60 2	90 3	100 3½
Milk } Baked custard or		100 3½	100 3½	100 3½
Egg } other sweet (p. 248)		half	half	half
Stewed apple		120 4	120 4	240 8
or other fruit (p. 335)				
containing		5 g. C.	5 g. C.	10 g. C.
Carbohydrate at dinner	g.	25.0	30.0	37.5
Butter all day		52 1½	52 1½	52 1½

DIABETIC DIETS A

With Ordinary Insulin before Breakfast and Supper

<i>Prescription.</i>					
Carbohydrate .. g.	100	120	150	175	200
Protein "	70	70	75	75	90
Fat	100	100	100	100	110
Calories	1,627	1,709	1,853	1,955	2,212
<i>Breakfast.</i>	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
Porridge, raw weight ..	—	—	—	—	30 1
Egg No.	one	one	one	one	two
Bacon, raw weight ..	30 1	30 1	30 1	30 1	—
Tomato	60 2	60 2	60 2	60 2	—
Bread	45 1½	52 1½	60 2	70 2½	45 1½
Milk in tea or coffee (and with porridge)	45 1½	60 2	60 2	60 2	150 5
<i>Mid-morning.</i>					
Bread	15 ½	20 ½	30 1	30 1	30 1
Milk in tea or coffee	45 1½	45 1½	45 1½	60 2	60 2
{ Can be combined with break- fast if desired					
Carbohydrate at breakfast and mid-morning g.	35.6	39.7	51.2	56.8	66.2

DIETS

213

Carbohydrate	g.	100	120	150	175	200
<i>Dinner.</i>						
Meat	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
60 2	60 2	60 2	60 2	60 2	60 2	60 2
Cabbage or other vegetable on p. 337, as much as desired.						
Potatoes	60 2	60 2	120 4	150 5	90 3	90 3
Apple, raw	45 1½	90 3	90 3	90 3	90 3	90 3
or other fruit (p. 335) containing	5 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk as custard or junket ..	100 3½	100 3½	100 3½	100 3½	150 5	150 5
or with rice or tapioca ..	—	—	—	—	15 ½	15 ½
or	or	or	or	or	or	or
unsweetened biscuit ..	7 ½	7 ½	7 ½	7 ½	30 1	30 1
Carbohydrate at dinner	g.	22.0	27.0	37.0	42.0	45.8
<i>Tea.</i>						
Cheese	30 1	30 1	30 1	30 1	30 1	30 1
or	or	or	or	or	or	or
one	one	one	one	one	one	one
Egg No.	10 ½	15 ½	15 ½	30 1	30 1	30 1
Bread	60 2	60 2	60 2	60 2	60 2	60 2
Tomato	60 2	60 2	60 2	60 2	60 2	60 2
Green salad (see p. 337) if desired.						
Milk in tea	60 2	60 2	60 2	60 2	60 2	60 2
Carbohydrate at tea	g.	9.2	11.7	11.7	19.2	19.2
<i>Supper.</i>						
Ham, cheese, kipper, salmon or meat	60 2	60 2	60 2	60 2	60 2	60 2
Bread	50 1½	52 1½	75 2½	90 3	90 3	90 3
Orange	60 2	120 4	120 4	120 4	120 4	120 4
or other fruit (p. 335) containing	5 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk in tea, coffee	60 2	60 2	60 2	60 2	200 7	200 7
or in cocoa	—	—	—	—	6 ½	6 ½
Carbohydrate at supper	g.	32.6	38.6	50.1	57.6	66.7
Butter all day	45 1½	45 1½	45 1½	45 1½	45 1½	45 1½

Carbohydrate	g.	100	120	150
<i>Tea</i>		g. oz.	g. oz.	g. oz.
Bread		45 1½	60 2	67 2½
Cress, Marmite or Yeastrel, or meat extract as spread.				
Milk in tea		60 2	60 2	60 2
Carbohydrate at tea	g.	25.1	32.6	36.4
<i>Dinner.</i>				
Clear soup if desired.				
Chicken, roast		60 2	60 2	60 2
Peas, fresh		65 2½	65 2½	65 2½
or		or	or	or
Carrots		120 4	120 4	120 4
or other vegetable (p. 334) containing		5 g. C.	5 g. C.	5 g. C.
Potatoes		60 2	90 3	100 3½
Milk } Baked custard or		100 3½	100 3½	100 3½
Egg } other sweet (p. 248)		half	half	half
Stewed apple		120 4	120 4	240 8
or other fruit (p. 335) containing		5 g. C.	5 g. C.	10 g. C.
Carbohydrate at dinner	g.	25.0	30.0	37.5
Butter all day		52 1½	52 1½	52 1½

DIABETIC DIETS A

With Ordinary Insulin before Breakfast and Supper

<i>Prescription.</i>					
Carbohydrate .. g.	100	120	150	175	200
Protein	70	70	75	75	90
Fat	100	100	100	100	110
Calories	1,627	1,709	1,853	1,955	2,212
<i>Breakfast.</i>	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
Porridge, raw weight ..	—	—	—	—	30 1
Egg No.	one	one	one	one	two
Bacon, raw weight ..	30 1	30 1	30 1	30 1	—
Tomato	60 2	60 2	60 2	60 2	—
Bread	45 1½	52 1½	60 2	70 2½	45 1½
Milk in tea or coffee (and with porridge)	45 1½	60 2	60 2	60 2	150 5
<i>Mid-morning.</i>					
Bread	15 ½	20 ½	30 1	30 1	30 1
Milk in tea or coffee	45 1½	45 1½	45 1½	60 2	60 2
{ Can be combined with break- fast if desired					
Carbohydrate at breakfast and mid-morning g.	35.6	39.7	51.2	56.8	66.2

DIETS

213

Carbohydrate	g.	100	120	150	175	200
<i>Dinner.</i>						
Meat	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
60 2	60 2	60 2	60 2	60 2	60 2	60 2
Cabbage or other vegetable on p. 337, as much as desired.						
Potatoes	60 2	60 2	120 4	150 5	90 3	90 3
Apple, raw	45 1½	90 3	90 3	90 3	90 3	90 3
or other fruit (p. 335) containing	5 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk as custard or junket ..	100 3½	100 3½	100 3½	100 3½	150 5	150 5
or with rice or tapioca ..	—	—	—	—	15 ½	15 ½
or	—	—	—	—	—	—
unsweetened biscuit ..	7 ½	7 ½	7 ½	7 ½	30 1	30 1
Carbohydrate at dinner	g.	22·0	27·0	37·0	42·0	45·8
<i>Tea.</i>						
Cheese	30 1	30 1	30 1	30 1	30 1	30 1
or	or	or	or	or	or	or
Egg No.	one	one	one	one	one	one
Bread	10 ½	15 ½	15 ½	30 1	30 1	30 1
Tomato	60 2	60 2	60 2	60 2	60 2	60 2
Green salad (see p. 337) if desired.						
Milk in tea	60 2	60 2	60 2	60 2	60 2	60 2
Carbohydrate at tea	g.	9·2	11·7	11·7	19·2	19·2
<i>Supper.</i>						
Ham, cheese, kipper, salmon or meat	60 2	60 2	60 2	60 2	60 2	60 2
Bread	50 1½	52 1½	75 2½	90 3	90 3	90 3
Orange	60 2	120 4	120 4	120 4	120 4	120 4
or other fruit (p. 335) containing	5 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk in tea, coffee ..	60 2	60 2	60 2	60 2	200 7	200 7
or in cocoa	—	—	—	—	6 ½	6 ½
Carbohydrate at supper	g.	32·6	38·6	50·1	57·6	66·7
Butter all day	45 1½	45 1½	45 1½	45 1½	45 1½	45 1½

DIABETIC DIETS B

With Ordinary Insulin before Breakfast and Late Dinner

<i>Prescription.</i>		100	120	150	175	200
Carbohydrate ..	g.	100	120	150	175	200
Protein	"	70	75	75	75	90
Fat	"	100	100	100	100	110
Calories	"	1,627	1,730	1,853	1,955	2,212
<i>Breakfast.</i>		g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
Grapfruit		100 3½	100 3½	100 3½	100 3½	100 3½
or other fruit (p. 335)						
containing	5 g. C.	5 g. C.	5 g. C.	5 g. C.	5 g. C.	5 g. C.
Porridge, raw weight ..	—	—	—	22 ½	30 1	30 1
Eggs	No.	one	one	one	one	two
or						
Kidney		30 1	30 1	30 1	30 1	60 2
Bacon (raw weight) ..		30 1	30 1	30 1	—	—
Bread		52 1½	70 2½	90 3	60 2	75 2½
Milk in tea or coffee (and with porridge) ..		60 2	60 2	60 2	100 3½	100 3½
Cream (or ½ oz. extra butter)		—	—	—	22 ½	22 ½
Sugarless marmalade if desired.						
Carbohydrate at breakfast g.		33.9	42.6	52.6	55.5	68.0
<i>Lunch.</i>						
Clear soup if desired.						
Meat		90 3	90 3	90 3	90 3	90 3
Cauliflower or other vegetable on p. 337, as much as desired.						
Potatoes		60 2	90 3	120 4	150 5	180 6
Grapes		30 1	30 1	60 2	60 2	60 2
or other fruit (p. 335)						
containing	5 g. C.	5 g. C.	5 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk in jelly or other sweet containing 5 g. C. (p. 284)		100 3½	100 3½	100 3½	100 3½	100 3½
or		or	or	or	or	or
unsweetened biscuit ..		7 ½	7 ½	7 ½	7 ½	7 ½
Carbohydrate at lunch g.		22.0	27.0	37.0	42.0	47.0
<i>Tea.</i>						
Bread		10 ½	15 ½	15 ½	37 1½	37 1½
Cress, Marmite or Yeastrel, or meat extract as spread.						
Milk in tea		60 2	60 2	60 2	60 2	60 2
Carbohydrate at tea g.		7.6	10.1	10.1	21.4	21.4

DIETS

215

Carbohydrate	g.	100	120	150	175	200
<i>Dinner.</i>	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
Clear soup if desired.						
Chicken, roast	60 2	60 2	60 2	60 2	60 2	60 2
Peas, fresh	65 2½	65 2½	65 2½	65 2½	65 2½	65 2½
or	or	or	or	or	or	or
Carrots	120 4	120 4	120 4	120 4	120 4	120 4
or other vegetables (p. 334)						
containing	5 g. C.	5 g. C.	5 g. C.	5 g. C.	5 g. C.	5 g. C.
Potatoes	90 3	120 4	120 4	150 5	200 7	
Milk } Baked custard or	100 3½	100 3½	—	—	—	—
Egg } other sweet (p. 284)	half	half	—	—	—	—
or milk with	—	—	150 5	150 5	150 5	
Rice or tapioca as pudding	—	—	10 ½	10 ½	10 ½	
Stewed apple	240 8	240 8	240 8	240 8	240 8	
or other fruit (p. 335)						
containing	10 g. C.	10 g. C.	10 g. C.	10 g. C.	10 g. C.	
Carbohydrate at dinner	g.	35·0	40·0	49·7	54·7	64·7
Butter all day		52 1½	52 1½	52 1½	52 1½	52 1½

DIABETIC DIETS A

With Retard (Protamine) Insulin or Protamine Zinc Insulin

<i>Prescription</i>				
Carbohydrate .. g.	150	175	200	
Protein	70	75	80	
Fat	100	100	110	
Calories	1,832	1,955	2,171	
<i>Breakfast</i>	g. oz.	g. oz.	g. oz.	
Egg No.	one	one	one	
Bacon, raw weight ..	30 1	30 1	30 1	
Bread	45 1½	60 2	70 2½	
Milk in tea or coffee ..	60 2	60 2	60 2	
<i>Mid-morning.</i>				
Bread	22 ½	22 ½	30 1	
Milk in tea or coffee	60 2	60 2	60 2	
Can be combined with breakfast if desired				
Carbohydrate at breakfast and mid-morning	g.	39·0	46·5	55·2

Carbohydrate	g.	150	175	200
<i>Dinner.</i>				
Meat	60	2	60	2
Cabbage or other vegetable on p. 337, as much as desired.				
Potatoes	120	4	150	5
Apple, raw	120	4	120	4
or other fruit (p. 335)				
containing	10 g. C.		10 g. C.	15 g. C.
Milk as custard or junket ..	100	3½	100	3½
or				
unsweetened biscuit ..	7	½	7	½
Carbohydrate at dinner	g.	35.0	40.0	45.0
<i>Tea.</i>				
Cheese	30	1	30	1
or				
Egg No.	or one		or one	or one
Bread	40	1½	52	1½
Tomato	60	2	60	2
Green salad (p. 337) if desired.				
Milk in tea	60	2	60	2
Carbohydrate at tea	g.	24.2	30.5	34.2
<i>Supper.</i>				
Ham, cheese, kipper, or meat	60	2	60	2
Bread	60	2	70	2½
Orange	120	4	120	4
or other fruit (p. 335)				
containing	10 g. C.		10 g. C.	15 g. C.
Milk in tea, coffee, or cocoa	60	2	60	2
Carbohydrate at supper	g.	42.6	47.6	55.1
<i>Bed-time.</i>				
Unsweetened biscuits ..	14	½	14	½
Carbohydrate at bed-time	g.	10.0	10.0	10.0
Butter all day	37	1½	37	1½

DIABETIC DIETS B

With Retard (Protamine) or Protamine Zinc Insulin

<i>Prescription.</i>						
Carbohydrate	..	g.	150	175	200	
Protein	..	..	70	75	80	
Fat	..	..	100	100	110	
Calories	..	..	1,832	1,954	2,171	
<i>Breakfast.</i>						
			g.	oz.	g.	oz.
Grapefruit	..	..	100	3½	100	3½
or other fruit (p. 335) containing	..	..	5 g. C.	5 g. C.	10 g. C.	
Eggs	..	..	one	one	two	
or	..	..	or	or	or	
Kidney	..	..	30	1	30	1
Bacon, raw weight	..	..	30	1	30	1
Bread	..	..	67	2½	82	2½
Milk in tea or coffee	..	..	60	2	60	2
Sugarless marmalade if desired.	..	..				
Carbohydrate at breakfast g.				41.4	48.9	57.6
<i>Lunch.</i>						
Clear soup if desired.						
Meat	..	..	60	2	60	2
Cauliflower or other vegetable on p. 337, as much as desired.	..	..				
Potatoes	..	..	120	4	120	4
Grapes	..	..	75	2½	112	3½
or other fruit (p. 335) containing	..	..	10 g. C.	15 g. C.	15 g. C.	
Milk in jelly	..	..	100	3½	100	3½
or other sweet (p. 284) containing	..	..	5 g. C.	5 g. C.	5 g. C.	
or	..	..	or	or	or	
Unsweetened biscuit	..	..	7	¼	7	¼
Carbohydrate at lunch g.				35.0	40.0	45.0
<i>Tea.</i>						
Bread	..	..	45	1½	52	1½
Cress, Marmite, Yeastrel, or meat extract as spread.	..	..				
Milk in tea	..	..	60	2	60	2
Carbohydrate at tea g.				25.1	28.9	32.6

Carbohydrate	g.	150	175	200
<i>Dinner.</i>				
Clear soup if desired.		g. oz.	g. oz.	g. oz.
Chicken, roast	60	2	60	2
Peas, fresh	65	2½	65	2½
or	or	or	or	or
Carrots	120	4	120	4
or other vegetables (p. 339)				
containing	5 g. C.	5 g. C.	5 g. C.	
Potatoes	90	3	105	3½
Rice or tapioca } pudding	10	½	10	½
Milk	150	5	150	5
or other pudding (p. 287)				
containing	15 g. C.	15 g. C.	15 g. C.	
Stewed apple	120	4	240	8
or other fruit (p. 335) containing	5 g. C.	10 g. C.	10 g. C.	
Carbohydrate at dinner	g.	40·0	47·5	55·0
<i>Bedtime.</i>				
Ovaltine or Bournvita } ..	7	½	7	½
Milk	100	3½	100	3½
or	or	or	or	or
Unsweetened biscuits ..	14	½	14	½
Unsugared lemonade if desired.				
Carbohydrate at bedtime	g.	10·0	10·0	10·0
Butter all day	45	1½	45	1½
			52	1½

Note on Diabetic Diets.

1 oz. cream may be taken during the day if ½ oz. of the daily allowance of butter is given up. Bacon may be omitted if desired, and 1 oz. cream or ½ oz. extra butter should then be added to the diet.

Diets containing 70 g. fat only.—The fat in the A diets may be reduced to 70 g. by omitting bacon from breakfast and either ½ oz. butter from the day's allowance or by giving 2½ oz. smoked haddock or white fish instead of ham, kipper, etc., at supper.

The fat in the B diets may be reduced to 70 g. by omitting bacon from breakfast and ½ oz. butter from the day's allowance, leaving 1½ oz. butter daily.

For carbohydrate arrangement with different kinds of insulin, see p. 361.

Some physicians recommend that patients having protamine zinc insulin should omit 10 g. carbohydrate from breakfast and take it at the time of injection. In this case ½ oz. bread should be deducted from breakfast and taken earlier, or ½ oz. unsweetened biscuits may be substituted.

EXAMPLES OF THE USE OF SPECIAL COOKED FOOD RECIPES IN HIGH CARBOHYDRATE DIETS

Diet containing 175 g. carbohydrate. For use with ordinary insulin before breakfast and supper.

Prescription : C., 175 g. ; P., 75 g. ; F., 100 g. ; Calories, 1,955.

Food g.	oz.		C. g.	P. g.	F. g.
<i>Breakfast</i>					
150	5	Kedgerree	15.0	14.5	8.5
82	2½	Bread	41.3	6.1	0.6
60	2	Milk in tea	2.6	1.8	2.2
Carbohydrate at breakfast ..			58.9		
<i>Dinner</i>					
135	4½	Hot Pot	15.0	12.6	14.4
Cabbage or other vegetables on					
p. 337, as much as desired ..			2.0	1.0	—
90	3	Cabinet, sago, semolina, or bread- and-butter pudding, or blanc- mange, plain jelly, or custard powder custard	15.0	3.9	3.9
120	4	Orange or other fruit contain- ing 10 g. C. (see p. 335)	10.0	0.8	—
Carbohydrate at dinner ..			42.0		
<i>Tea</i>					
30	1	Cherry, chocolate, coconut, orange, sponge, or Queen cake	15.0	1.4	6.8
60	2	Milk in tea	2.6	1.8	2.3
Carbohydrate at tea ..			17.6		
<i>Supper</i>					
120	4	Cheese omelette	—	20.0	35.2
45	1½	Bread, or 4½ oz. potatoes	22.5	3.3	0.3
150	5	Blancmange	25.0	4.5	3.5
120	4	Apple, stewed without sugar ..	5.0	0.4	—
90	3	Milk in tea or coffee	3.9	2.7	3.3
Carbohydrate at supper ..			56.4		
20	½	Butter all day	—	0.1	16.1
Total			174.9	74.9	99.0

Note.—For cooked food recipes, see p. 250, and analyses, see pp. 302–325. For use with protamine insulin, see p. 361.

Diet containing 200 g. carbohydrate. For use with ordinary insulin before breakfast and supper.

Prescription : C., 200 g. ; P., 80 g. ; F., 110 g. ; Calories, 2,171

Food g.	oz.		C. g.	P. g.	F. g.
<i>Breakfast</i>					
200	7	Fish cakes	20.0	24.5	28.0
82	2½	Bread	41.3	6.1	0.6
60	2	Milk in tea	2.6	1.8	2.2
		Carbohydrate at breakfast ..	63.9		
<i>Dinner</i>					
120	4	Steak and kidney pie or toad-in-the-hole	20.0	17.6	21.6
		Cabbage or other vegetable on p. 337	2.0	1.0	—
90	3	Queen of puddings or chocolate mould or rice or tapioca pudding	20.0	4.5	8.4
90	3	Apple or other fruit containing 10 g. C. (see p. 335)	10.0	—	—
		Carbohydrate at dinner ..	52.0		
<i>Tea</i>					
32	1	Currant cake, gingerbread, rock buns, jam or treacle tart, or scones with egg	20.0	1.8	5.2
60	2	Milk in tea	2.6	1.8	2.2
		Carbohydrate at tea	22.6		
<i>Supper</i>					
135	4½	Macaroni cheese	20.0	11.0	18.0
40	1½	Bread or 4 oz. potatoes	20.0	2.9	0.3
75	2½	Trifle	20.0	2.9	2.9
90	3	Milk in tea or coffee	3.9	2.7	3.3
		Carbohydrate at supper ..	63.9		
20	¾	Butter all day	—	0.1	16.1
Total			202.4	77.7	108.8

Note.—See p. 219.

DIETS FOR DIABETIC CHILDREN

Ordinary Insulin before Breakfast and Supper

<i>Prescription :</i>								
Carbohydrate	..	..	g.	100	120	150	175	200
Protein	..	..	..	65	70	75	80	85
Fat	..	..	..	80	80	90	100	100
Calories	..	..	..	1,421	1,523	1,760	1,976	2,099
<i>Breakfast.</i>								
				g. oz.	g. oz.	g. oz.	g. oz.	g. oz.
Egg	..	..	No.	one	one	one	one	one
Bread	..	..	..	45 1½	60 2	52 1½	60 2	60 2
Porridge (raw weight), shredded	..	..	..	—	—	15 ½	22 ½	30 1
wheat or other cereal	..	..	..	200 7	200 7	300 10	300 10	300 10
Milk	..	..	..					
(½ pint, 200 g., may be omitted from breakfast and taken at school, or unsugared lemonade may be taken during the morning.)								
Carbohydrate at breakfast	..	..	g.	32.5	40.0	51.6	60.5	65.6
<i>Dinner.</i>								
Meat	..	..	..	60 2	60 2	60 2	60 2	60 2
or	..	..	..	or	or	or	or	or
Fish	..	..	..	{ 75 2½	{ 75 2½	{ 75 2½	{ 75 2½	{ 75 2½
with extra butter during the day	..	..	..	{ 15 ½	{ 15 ½	{ 15 ½	{ 15 ½	{ 15 ½
Cabbage or other vegetable on p. 337 as much as desired.	..	..	..					
Potatoes	..	..	..	60 2	90 3	90 3	120 4	150 5
Orange	..	..	..	60 2	60 2	120 4	120 4	120 4
or other fruit (p. 335) containing 5 g. C.	..	..	..	5 g. C.	5 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk as junket or jelly or to drink, or as custard (see note p. 222)	..	..	..	200 7	200 7	200 7	200 7	200 7
Carbohydrate at dinner	..	..	g.	27.0	32.0	37.0	42.0	47.0
<i>Tea.</i>								
Bread	..	..	..	10 ½	10 ½	15 ½	30 1	37 1½
or	..	..	..	or	or	or	or	or
Unsweetened biscuit	..	..	..	7 ½	7 ½	10 ½	22 ½	30 1
Milk in weak tea	..	..	..	60 2	60 2	60 2	60 2	60 2
or	..	..	..	or	or	or	or	or
Orange juice (with water if desired)	..	..	..	30 1	30 1	30 1	30 1	30 1
Carbohydrate at tea	..	..	g.	7.6	7.6	10.1	17.6	21.4

Carbohydrate .. g.	100	120	150	175	200
<i>Supper.</i>					
Cheese, fresh milk or cream for younger children, or ham ..	g. oz. 60 2	g. oz. 60 2	g. oz. 60 2	g. oz. 60 2	g. oz. 60 2
or	or	or	or	or	or
Eggs No.	two	two	two	two	two
Bread	37 1½	52 1½	60 2	60 2	80 2½
Cress or lettuce or other salad on p. 337 as desired.					
Apple	45 1½	45 1½	90 3	90 3	90 3
or other fruit (p. 335) containing	5 g. C.	5 g. C.	10 g. C.	10 g. C.	10 g. C.
Milk	200 7	200 7	270 9	300 10	300 10
Carbohydrate at supper .. g.	33·8	41·3	51·7	55·0	65·0
Butter all day	30 1	30 1	30 1	37 1½	37 1½

Note.—If a custard is desired at dinner, omit ½ oz. cheese or ham or 1 egg at supper, and use one egg with the milk at dinner time.

To reduce the fat in the diets by 20 g. serve 2½ oz. smoked haddock or white fish at supper instead of cheese or eggs and omit ½ oz. butter from the daily allowance.

Concentrates of Vitamins A and D should be given daily.

DIET FOR DIABETIC CHILDREN UNDER THREE YEARS OF AGE

*Ordinary Insulin before Breakfast and Tea**Prescription: C., 100 g.; P., 45 g.; F., 60 g.; Calories, 1,154.*

Food.			C.	P.	F.
g.	oz.		g.	g.	g.
<i>Breakfast</i>					
15	$\frac{1}{2}$	Porridge (raw weight), shredded wheat or other cereal	10.3	1.9	1.1
30	1	Bread, or $\frac{1}{2}$ oz. rusks	15.2	2.2	0.2
200	7	Milk on porridge and to drink	9.1	6.3	7.7
<i>Mid-morning</i>					
		Lemon juice with water.. ..	—	—	—
			34.6		
<i>Dinner</i>					
30	1	Lean meat, rabbit or chicken, or $1\frac{1}{2}$ oz. white fish, or one egg	—	8.4	2.1
		Spinach, cabbage or other vegetables on p. 337, small portion	0.8	2.8	—
60	2	Potatoes	10.0	0.8	—
100	$3\frac{1}{2}$	Milk as junket, custard (p. 284) or to drink	4.6	3.1	3.9
60	2	Banana or other fruit containing 10 g. C.	10.0	0.6	—
			25.4		
<i>Tea (5 p.m.)</i>					
		One egg, or $\frac{1}{2}$ oz. fresh milk cheese	—	5.9	6.2
30	1	Bread, or $\frac{1}{2}$ oz. rusks	15.2	2.2	0.2
200	7	Milk	9.1	6.3	7.7
60	2	Grapes or other fruit containing 10 g. C.	10.0	0.4	—
			34.3		
<i>Bedtime</i>					
100	$3\frac{1}{2}$	Milk	4.6	3.1	3.9
30	1	Butter all day	—	0.1	24.2
Total			98.9	44.1	57.4

HIGH CALORIE DIETS FOR DIABETIC PATIENTS SUFFERING FROM TUBERCULOSIS

Ordinary Insulin before Breakfast and Supper

Prescription: C., 250 g.; P., 110 g.; F., 120 g.; Calories, 2,600.

DIET A

Food			C.	P.	F.
g.	oz.		g.	g.	g.
<i>Breakfast</i>					
90	3	Two eggs	—	11.8	12.4
60	2	Bread	45.0	6.6	0.6
		Milk in tea	2.6	1.8	2.2
<i>Mid-morning</i>					
150	5	One egg } Egg nog	—	5.9	6.2
60	2	Milk	6.5	4.5	5.5
		Bread	30.0	4.4	0.4
			84.1		
<i>Dinner</i>					
90	3	Meat, fat	—	21.0	21.0
		Cabbage or other vegetable on p. 337, moderate portion ..	1.2	0.6	—
180	6	Potatoes	30.0	2.4	—
15	½	Rice or tapioca } Pudding	12.3	1.0	0.2
150	5	Milk	6.5	4.5	5.5
90	3	Apple, raw, or other fruit, containing 10 g. C.	10.0	0.3	—
			60.0		
<i>Tea</i>					
45	1½	Bread	22.5	3.3	0.3
60	2	Tomato	1.6	0.6	—
60	2	Milk in tea	2.6	1.8	2.2
			26.7		
<i>Supper</i>					
60	2	Cheese or ham	—	14.2	19.6
90	3	Bread	45.0	6.6	0.6
120	4	Orange or other fruit containing 10 g. C.	10.0	0.8	—
150	5	Milk	6.5	4.5	5.5
6	½	Cocoa	2.0	1.2	1.1
<i>Bedtime</i>					
180	6	Milk	7.8	5.4	6.6
7	½	Unsweetened biscuits (or ½ oz. glucose)	5.0	0.6	1.0
			76.3		
45	1½	Butter all day	—	0.2	36.3
			Total	247.1	104.0
					127.2

Note.—The diets on pp. 224–227 may be adapted for patients not taking insulin by rearranging the carbohydrate so that the amounts taken at each meal are approximately equal.

For patients taking protamine insulin the diets should be rearranged in accordance with the tables on p. 361.

DIETS

225

DIET B

Food			C. g.	P. g.	F. g.
g.	oz.				
<i>Breakfast</i>					
30	1	One egg or 1 oz. kidney	—	5.9	6.2
		Porridge (raw weight) or Shredded Wheat or other cereal	20.6	3.8	2.5
90	3	Bread (toasted if preferred) ..	45.0	6.6	0.6
150	5	Milk on porridge and in tea or coffee	6.5	4.5	5.5
<i>Mid-morning</i>					
200	7	Milk (in coffee if desired)	9.1	6.3	7.7
			81.2		
<i>Lunch</i>					
90	3	Chicken, roast	—	25.2	6.3
		Cauliflower or other vegetable on p. 337, moderate portion ..	0.9	1.2	—
180	6	Potatoes	30.0	2.4	—
10	½	Rice } Creamed	8.2	0.6	0.1
150	5	Milk } rice (p. 288)	6.5	4.5	5.5
75	2½	Banana	12.5	0.5	—
30	1	Cream	0.7	0.5	11.9
			60.8		
<i>Tea</i>					
45	1½	Bread	22.5	3.3	0.3
		Cress or Marmite as spread.			
60	2	Milk in tea	2.6	1.8	2.2
			25.1		
<i>Dinner</i>					
60	2	Meat (fat)	—	14.0	14.0
65	2½	Peas or other vegetable containing 5 g. C.	5.0	3.2	—
150	5	Potatoes	25.0	2.0	—
150	5	One egg } Bread-and-butter	—	5.9	6.2
150	5	Milk } pudding	6.5	4.5	5.5
30	1	Bread	15.0	2.2	0.2
120	4	Peach or other fruit containing 10 g. C.	10.0	0.8	—
<i>Bedtime</i>					
240	8	Milk	10.4	7.2	8.8
15	½	Ovaltine or Bournvita	10.0	1.9	1.1
			81.9		
45	1½	Butter all day	—	0.2	36.3
Total			249.0	109.0	120.9

See note, p. 224.

DIET FOR DIABETIC PATIENTS SUFFERING FROM INDIGESTION

*Ordinary Insulin before Breakfast and Supper**Prescription :| C., 150 g.; P., 75 g.; F. 75 g.; Calories, 1,620.*

Food			C.	P.	F.
g.	oz.		g.	g.	g.
<i>Breakfast</i>					
60	2	One egg, boiled or poached	—	5.9	6.2
60	2	Bread, stale white	30.0	4.4	0.4
		Milk in weak tea	2.6	1.8	2.2
<i>Mid-morning</i>					
(Can be combined with breakfast if desired)					
30	1	Bread, stale white	15.0	2.2	0.2
100	3½	Warm milk	4.6	3.2	3.9
			52.2		
<i>Dinner</i>					
45	1½	Lamb, chicken, rabbit, or sweet-breads	—	12.6	3.2
60	2	Cauliflower, or 1 oz. mashed carrots	0.9	1.2	—
90	3	Mashed potato	15.0	1.2	—
90	3	Baked apple (weighed before baking), or 2 oz. mashed banana ..	10.0	0.3	—
100	3½	Milk as custard, jelly or junket (p. 284)	4.6	3.2	3.9
			30.5		
<i>Tea</i>					
		One egg, or 1 oz. fresh milk or cream cheese	—	5.9	6.2
30	1	Bread, stale white	15.0	2.2	0.2
60	2	Milk in weak tea	2.6	1.8	2.2
			17.6		
<i>Supper</i>					
75	2½	Steamed fish	—	14.2	0.7
90	3	Mashed potato or 1 oz. white bread	15.0	1.2	—
100	3½	Milk	4.6	3.2	3.9
9	½	Rice or tapioca (raw weight) or cornflakes	8.2	0.6	0.1
<i>Bedtime</i>					
7	½	Bournvita or Ovaltine	5.0	1.0	0.6
150	5	Milk	6.5	4.5	5.5
15	½	Unsweetened biscuits	10.0	1.2	1.9
			49.3		
45	1½	Butter all day	—	0.2	36.3
Total			149.6	72.0	77.6

See note, p. 224.

DIET FOR DIABETIC PATIENTS SUFFERING FROM DIARRHOEA

Ordinary Insulin before Breakfast and Supper

Prescription: C., 150 g.; P., 75 g.; F. 90 g.; Calories, 1,760.

Food			C.	P.	F.
g.	oz.		g.	g.	g.
<i>Breakfast</i>					
		One egg, boiled or poached ..	—	5.9	6.2
60	2	Bread, white (toasted if desired) ..	30.0	4.4	0.4
60	2	Milk in tea or coffee	2.6	1.8	2.2
<i>Mid-morning</i>					
(Can be combined with breakfast if desired)					
30	1	Bread, white	15.0	2.2	0.2
60	2	Milk in tea or coffee	2.6	1.8	2.2
			50.2		
<i>Dinner</i>					
60	2	Chicken, rabbit or sweetbreads ..	—	16.8	4.2
150	5	Mashed potato, or 1½ oz. white bread ..	25.0	2.0	—
200	7	Milk } Boiled or baked custard, One egg } (double recipe on p. 284)	9.1	6.3	7.7
			—	5.9	6.2
			34.1		
<i>Tea</i>					
30	1	Bread, white	15.0	2.2	0.2
60	2	Milk in tea	2.6	1.8	2.2
			17.6		
<i>Supper</i>					
Two eggs, or 2 oz. fresh milk cheese or 2½ oz. fish and ½ oz. extra butter					
60	2	Bread, white	30.0	4.4	0.4
60	2	Milk in tea or coffee	2.6	1.8	2.2
<i>Bedtime</i>					
100	3½	Milk	4.6	3.2	3.9
7	¼	Bournvita or Ovaltine	5.0	1.0	0.6
7	¼	Unsweetened biscuit	5.0	0.6	1.0
			47.2		
45	1½	Butter all day	—	0.2	36.3
Total			149.1	74.1	88.5

Note.—Beverages must not be taken very hot or very cold.
See also note, p. 224.

INVALID DIABETIC DIETS CONTAINING 100 GRAMS OF CARBOHYDRATE

Ordinary Insulin before Breakfast and Supper

Food g. oz.		FLUID	C. g.	Food g. oz.		LIGHT	C. g.
		<i>Breakfast</i>				<i>Breakfast</i>	
100	3½	One egg } Egg nog	—	100	3½	One egg, boiled or poached	—
22	½	Milk }	4·6			Milk, with tea or coffee to taste	4·6
		Glucose }	22·0	45	1½	Bread	22·5
		<i>Mid-morning</i>				<i>Mid-morning</i>	
120	4	Orange juice	10·0	15	½	Lemonade	—
			36·6			Unsweetened biscuits	10·0
		<i>Dinner</i>				<i>Dinner</i>	
150	5	Milk as junket or jelly	6·5	90	3	Fish if desired.	—
		Lemonade }	—	150	5	Milk as junket or jelly	6·5
15	½	Glucose }	15·0	90	3	Lemonade if desired.	—
			21·5			Potatoes or 1 oz. bread	15·0
		<i>Tea</i>				<i>Tea</i>	
60	2	Milk in tea }	2·6	60	2	Milk in tea	2·6
7	½	Glucose }	7·0	15	½	Bread	7·5
			9·6				10·1
		<i>Supper</i>				<i>Supper</i>	
100	3½	One egg } Boiled	—	100	3½	One egg, boiled or poached	—
15	½	Milk } custard or	4·6			Milk } As bread	4·6
		Glucose } ice-cream	15·0	30	1	Bread } and milk if desired	15·0
		<i>Bedtime</i>				<i>Bedtime</i>	
7	½	Bournvita or Ovaltine	5·0	7	½	Bournvita or Ovaltine	5·0
180	6	Milk	7·8	150	5	Milk	6·5
			32·4			Butter all day up to 1 oz.	31·1
		Total Carbohydrate	100·1			Total Carbohydrate	99·8

Note.—This diet, or any meal from it, may be substituted for the 100 g. C. diets on pp. 212–215, without altering the patient's carbohydrate intake. Breakfast and the mid-morning meal, and supper and the bed-time drink, should be reckoned as substitutes for breakfast or supper if no mid-morning or bed-time meal is normally taken.

INVALID DIABETIC DIET CONTAINING 120 GRAMS OF CARBOHYDRATE

Ordinary Insulin before Breakfast and Supper

Food		FLUID	C. g.	Food		LIGHT	C. g.
g.	oz.			g.	oz.		
<i>Breakfast</i>							
100	3½	One egg } Milk } Egg nog Glucose }	— 4·6 22·0	100	3½	One egg, boiled or poached	— 4·6
22	½			45	1½	Milk Bread	22·5
<i>Mid-morning</i>							
15	½	Lemonade } Glucose }	— 15·0	22	½	Lemonade Unsweetened biscuits	— 15·0
				41·6			
<i>Dinner</i>							
150	5	Milk as junket } or jelly } Glucose }	6·5 7·0	90	3	Fish if desired.	—
7	½	Lemonade } Glucose }	15·0	150	5	Milk as junket or jelly	6·5
15	½			45	1½	Banana or 3 oz. orange	7·5
				90	3	Lemonade if desired	—
				Potatoes or 1 oz. bread			
				15·0			
				29·0			
<i>Tea</i>							
60	2	Milk in tea } Glucose }	2·6 7·0	60	2	Milk in tea	2·6
7	½			15	½	Bread	7·5
				10·1			
<i>Supper</i>							
100	3½	One egg } Boiled Milk } custard or Glucose } ice-cream	— 4·6 22·0	100	3½	One egg, boiled or poached	—
22	½			45	1½	Milk } As bread Bread } and milk if desired	4·6 22·5
<i>Bedtime</i>							
7	½	Bournvita or Ovaltine	5·0	7	½	Bournvita or Ovaltine	5·0
180	6	Milk	7·8	150	5	Milk	6·5
				39·4			
Total Carbohydrate				119·1			
<i>Butter all day up to 1 oz.</i>							
Total Carbohydrate				119·8			

Note.—This diet, or any meal from it, may be substituted for the 120 g. C. diets on pp. 212–215, without altering the patient's carbohydrate intake. Breakfast and the mid-morning meal, and supper and the bedtime drink, should be reckoned as substitutes for breakfast or supper if no mid-morning or bedtime meal is normally taken.

INVALID DIABETIC DIET CONTAINING 175 GRAMS CARBOHYDRATE

Ordinary Insulin before Breakfast and Supper

Food		FLUID	C. g.	Food		LIGHT	C. g.
g.	oz.			g.	oz.		
<i>Breakfast</i>							
150	3	Milk	6.5			One egg, boiled or	
20	$\frac{1}{2}$	Glucose	20.0			poached	—
15	$\frac{1}{2}$	Bournvita or		30	1	Bread	15.0
		Ovaltine	10.0	30	1	Marmalade	19.8
				60	2	Milk in tea or coffee	2.6
<i>Mid-morning</i>							
150	5	One egg	—	150	5	Milk (with coffee	6.5
15	$\frac{1}{2}$	Milk } Egg nog	6.5			if desired) ..	15.0
		Glucose	15.0	15	$\frac{1}{2}$	Glucose	15.0
			58.0				58.9
<i>Dinner</i>							
150	5	Milk as junket or		90	3	Fish if desired.	—
		jelly	6.5	120	4	Milk	5.2
7	$\frac{1}{2}$	Glucose	7.0	10	$\frac{1}{2}$	Rice } Rice	8.2
		Lemonade	—	7	$\frac{1}{2}$	Glucose } pudding	7.0
22	$\frac{1}{2}$	Glucose	22.0	90	3	Stewed prunes or	
			35.5			mashed potatoes	15.0
							35.4
<i>Tea</i>							
60	2	Milk in tea	2.6	60	2	Milk in tea	2.6
15	$\frac{1}{2}$	Glucose	15.0	30	1	Bread	15.0
			17.6				17.6
<i>Supper</i>							
150	5	One egg	—			One egg, boiled or	—
15	$\frac{1}{2}$	Milk } Boiled cus-	6.5	150	5	poached, if desired.	6.5
		Glucose } tard or ice-	15.0	10	$\frac{1}{2}$	Milk } As bread and	10.0
				50	1	Glucose } milk if de-	25.0
						Bread } sired.	
22	$\frac{1}{2}$	Lemonade	—				
		Glucose	22.0				
<i>Bedtime</i>							
7	$\frac{1}{2}$	Bournvita or	5.0	7	$\frac{1}{2}$	Bournvita or	5.0
180	6	Ovaltine	7.8	200	7	Ovaltine	9.1
7	$\frac{1}{2}$	Milk	7.0	7	$\frac{1}{2}$	Milk	7.0
		Glucose				Glucose	
			63.3			Butter all day up to	62.6
						1 oz.	
		Total Carbohydrate	174.4			Total Carbohydrate	174.5

Note.—Patients may take $\frac{1}{2}$ oz. glucose or barley sugar instead of marmalade if preferred.

This diet, or any meal from it, may be substituted for the 175 g. C. diets on pp. 212-215, without altering the patient's carbohydrate intake. Breakfast and the mid-morning meal and supper and the bedtime drink should be reckoned as substitutes for breakfast or supper if no mid-morning or bedtime meal is normally taken.

INVALID DIABETIC DIET CONTAINING 200 GRAMS CARBOHYDRATE

Ordinary Insulin before Breakfast and Supper

Food		FLUID	C. g.	Food		LIGHT	C. g.
g.	oz.			g.	oz.		
Breakfast							
150	3	Milk	6.5			One egg, boiled or	—
22	$\frac{1}{2}$	Glucose or lactose	22.0			poached	—
15	$\frac{1}{2}$	Bournvita or		45	1 $\frac{1}{2}$	Bread	22.5
		Ovaltine	10.0	37	1 $\frac{1}{2}$	Marmalade, ordinary	24.8
Mid-morning							
		One egg	—	150	5	Milk (with coffee if de-	
150	5	Milk } Egg	6.5			sired)	6.5
22	$\frac{1}{2}$	Glucose or } nog	22.0	15	$\frac{1}{2}$	Glucose	15.0
		lactose					
			67.0				68.8
Dinner							
150	5	Milk as junket or		90	3	Fish, if desired ..	—
		jelly	6.5	120	4	Milk } Rice	5.2
7	$\frac{1}{2}$	Glucose	7.0	10	$\frac{1}{2}$	Rice } pudding	8.2
		Lemonade		7	$\frac{1}{2}$	Glucose	7.0
37	1 $\frac{1}{2}$	Glucose	37.0			Lemonade }	—
			50.5	15	$\frac{1}{2}$	Glucose	15.0
				90	3	Stewed prunes or	
						mashed potatoes ..	15.0
							50.4
Tea							
60	2	Milk in tea	2.6	60	2	Milk in tea	2.6
15	$\frac{1}{2}$	Glucose	15.0	30	1	Bread	15.0
			17.6				17.6
Supper							
		One egg } Boiled	—			One egg, boiled,	—
150	5	Milk } custard or	6.5			or poached, if de-	
15	$\frac{1}{2}$	Glucose } ice-cream	15.0	150	5	sired.	
				15	$\frac{1}{2}$	Milk } As bread	6.5
		Lemonade	—			Glucose or } and milk	15.0
22	$\frac{1}{2}$	Glucose	22.0	45	1 $\frac{1}{2}$	Bread } if desired	22.5
Bedtime							
7	$\frac{1}{2}$	Bournvita or		7	$\frac{1}{2}$	Bournvita or	
		Ovaltine	5.0			Ovaltine	5.0
150	5	Milk	6.5	150	5	Milk	6.5
10	$\frac{1}{2}$	Glucose	10.0	7	$\frac{1}{2}$	Glucose	7.0
			64.5				62.5
		Total Carbohydrate	199.6			Butter all day up to	
						1 $\frac{1}{2}$ oz.	
						Total Carbohydrate	199.3

Note.—Patients suffering from tuberculosis should receive 2 oz. cream in addition to the above diet, adding C., 1.4 g.; Calories, 262.

This diet, or any meal from it, may be substituted for the 200 g. C. diets on pp. 212-215, without altering the patient's carbohydrate intake. Breakfast and the mid-morning meal, and supper and the bedtime drink should be reckoned as substitutes for breakfast or supper if no mid-morning or bedtime meal is normally taken.

HIGH PROTEIN DIET B

Food.			P. g.
g.	oz.		
		<i>Breakfast</i>	
		Grapefruit.	
120	4	Kidneys, liver, or roes; or 6 oz. herring or white fish	30.4
60	2	Bread or toast	4.4
60	2	Milk in tea or coffee	1.8
		<i>Mid-morning</i>	
		One egg } Egg nog.	5.9
150	5	Milk	4.5
		<i>Lunch</i>	
		Tomato juice cocktail.	
150	5	Chicken or lean meat	36.0
		Potatoes and other vegetables as desired.	
		Vanilla soufflé or other pudding containing one egg and 5 oz. milk	5.9
		Stewed or raw fruit if desired.	4.5
		<i>Tea</i>	
		One egg or 1 oz. cheese or salmon as sandwich filling	5.9
60	2	Bread, with butter to taste	4.4
30	1	Cake, plain, or sweet biscuits	1.8
60	2	Milk in tea	1.8
		<i>Dinner</i>	
150	5	Lean meat	36.0
		Potatoes and other vegetables as desired.	
		Stewed or raw fruit.	
30	1	Cheese	7.1
15	$\frac{1}{2}$	Biscuits	1.7
100	3 $\frac{1}{2}$	Milk in pudding or coffee	3.2
		<i>Bedtime</i>	
180	6	Milk	5.4
15	$\frac{1}{2}$	Bournvita or Ovaltine	1.8
			162.5

Note on high protein diets.

Sugar, butter, jam, and marmalade may be taken as desired, so long as care is taken that the patient's digestion is not overtaxed.

The protein may be still further increased by using casein bread in place of some of the ordinary bread (see recipe, p. 293. A pinch of salt should be added to the ingredients given).

EPSTEIN TYPE OF DIET

(High protein, low fat)

DIET A

Food.			P.	F.
g.	oz.		g.	g.
<i>Breakfast</i>				
180	6	White fish, boiled or steamed ..	37·8	1·2
60	2	Bread	4·4	0·4
		Marmalade or jam to taste.		
60	2	Skimmed milk	2·0	0·2
		Tea or coffee. Sugar to taste.		
<i>Mid-morning</i>				
(Can be combined with breakfast if desired)				
		Fruit or salad if desired.		
30	1	Bread	2·2	0·2
		Jam or golden syrup to taste.		
150	5	Skimmed milk	5·0	0·5
		Tea or coffee. Sugar to taste.		
<i>Dinner</i>				
120	4	Lean meat or rabbit	28·8	3·2
		Potatoes and other vegetables as desired.		
150	5	Skimmed milk as custard, or rice or other low fat pudding (p. 278)	5·0	0·5
		Stewed prunes or other fruit.		
<i>Tea</i>				
		Fruit or salad.		
60	2	Bread, or plain buns	4·4	0·4
		Jam or honey to taste.		
60	2	Skimmed milk	2·0	0·2
		Tea. Sugar to taste.		
<i>Supper</i>				
180	6	White fish, boiled or steamed, or 5 oz. lean meat	37·8	1·2
60	2	Bread. Jam or syrup to taste ..	4·4	0·4
150	5	Skimmed milk	5·0	0·5
15	$\frac{1}{2}$	Bournvita or Ovaltine	1·8	1·0
			140·6	9·9

DIET B

Food.			P. g.	F. g.
g.	oz.			
<i>Breakfast</i>				
180	6	White fish	37·8	1·2
60	2	Bread or toast	4·4	0·4
		Marmalade or jam to taste.		
60	2	Skimmed milk	2·0	0·2
		Tea or coffee. Sugar to taste.		
<i>Lunch</i>				
150	5	Skimmed milk soup (p. 274) ..	5·0	0·5
120	4	Lean meat or chicken	28·8	3·2
		Potatoes and other vegetables as desired.		
150	5	Skimmed milk as blancmange or other low fat pudding (p. 278)	5·0	0·5
		Stewed or raw fruit.		
<i>Tea</i>				
60	2	Bread or buns	4·4	0·4
		Jam, tomatoes, or cress to taste.		
		Angel cake (p. 280) if desired.		
60	2	Skimmed milk	2·0	0·2
		Tea. Sugar to taste.		
<i>Dinner</i>				
		Grapefruit or tomato juice cocktail.		
180	6	White fish, boiled or steamed, or 4 oz. roast pheasant	37·8	1·2
		Potatoes and other vegetables as desired.		
100	3½	Skimmed milk and one egg white as jelly or vanilla whip (pp. 281, 282).	3·5 2·6	0·4 —
<i>Bedtime</i>				
150	5	Skimmed milk	5·0	0·5
15	½	Bournvita or Ovaltine	1·8	1·0
			140·1	9·7

Note on Epstein type of diet.

For extra foods allowed and forbidden see low-fat food list (pp. 190-193).

RESTRICTED PROTEIN DIETS**FOOD LIST IF SALT IS NOT SPECIALLY RESTRICTED**

	<i>Foods allowed without special restriction</i>	<i>Foods forbidden unless specially allowed</i>
<i>Bread, biscuits, cereal foods, etc.</i>	Arrowroot, cornflour, rice, tapioca, sago.	Wheat flour contains 3 grams of protein per oz. Bread, pastry, puddings, etc., made from flour must therefore be taken in limited quantities only.
<i>Dairy products.</i>	Butter and cream.	Cheese, milk or invalid foods containing milk or eggs unless these are calculated as part of the diet.
<i>Meat, fish, and fowl.</i>	Only limited amounts of these foods are allowed. Some physicians forbid "red" meats, though colour is no indication of protein or purine content, chicken, for instance, containing rather more of both substances weight for weight than beef.	
<i>Fruit and nuts.</i>	Any stewed, tinned, or raw fruit or fruit salad.	All nuts except chest-nuts.
<i>Vegetables.</i>	All vegetables and salads except dried pulses.	Dried pulses.
<i>Puddings.</i>	Fruit mould (p. 280), or fruit sago (p. 280). Boiled rice and jam. Butterscotch sago ¹ (p. 291). Semolina whip (p. 280).	Puddings made with milk or eggs unless the protein of these is calculated in the diet. Puddings containing wheat flour or bread-crumbs. See note above.
<i>Beverages.</i>	Lemonade, orangeade or any fruit drink. Tea or Instant Postum.	
<i>Soups.</i>	Vegetable soups, such as tomato, parsley, potato, mixed vegetables, Marmite, Yeastrel.	Meat soups and meat extracts if red meat if not allowed.
<i>Condiments, flavourings, and sweets.</i>	All. An excess of salt should be avoided.	None if salt is unrestricted.

RESTRICTED

Suitable for :—

Albuminuria of pregnancy—later stages

Chronic nephritis without œdema but with nitrogen retention ..

Gradual heart failure

DIET A

<i>Prescription :</i>	40 g. Protein	50 g. Protein	60 g. Protein
<i>Breakfast.</i>	<i>g. oz.</i>	<i>g. oz.</i>	<i>g. oz.</i>
1 Egg { Porridge, cooked ..	180 6	180 6	180 6
or { Force or Shredded Wheat ..	30 1	30 1	30 1
Milk	90 3	90 3	90 3
Bread	60 2	60 2	60 2
Milk in tea	30 1	30 1	60 2
Eggs No.	—	—	one
Marmalade.			
<i>Mid-morning.</i>			
(Can be combined with breakfast if desired)			
Bread	45 1½	45 1½	60 2
Sweetened lemonade.			
<i>Dinner.</i>			
Fish	60 2	120 4	120 4
or	or	or	or
Chicken or rabbit	45 1½	90 3	90 3
Potatoes and other vegetables.			
Low protein pudding (see list, p. 237).			
Stewed fruit.			
<i>Tea.</i>			
Bread, scones or buns	60 2	60 2	60 2
Milk in tea	60 2	60 2	60 2
Jam or golden syrup.			
Salad or fruit.			
<i>Supper.</i>			
Bread	60 2	60 2	75 2½
Milk in weak tea	60 2	60 2	60 2
Stewed fruit.			
Butter all day	60 2	60 2	60 2

Note.—Red meat may be substituted for the fish or chicken if allowed by
See also note, p. 240 and food list, p. 237.

PROTEIN DIETS

										PAGE
..	..	..	..	..	..	..	..	..	..	110
..	..	..	..	..	..	..	..	..	..	109
..	..	..	..	..	..	..	..	..	..	71

DIET A ADAPTED FOR CHILDREN AND MATERNITY PATIENTS

Prescription:	40 g. Protein	50 g. Protein	60 g. Protein
<i>Breakfast.</i>	<i>g. oz.</i>	<i>g. oz.</i>	<i>g. oz.</i>
1 Egg { Porridge, cooked	180 6	180 6	180 6
or { Force or Shredded Wheat	30 1	30 1	30 1
or { Milk	90 3	90 3	90 3
Bread	45 1½	45 1½	45 1½
Milk in tea	60 2	60 2	60 2
Eggs No.	—	—	one
Marmalade.			
<i>Mid-morning.</i>			
(Can be combined with breakfast if desired)			
Bread	30 1	45 1½	60 2
Milk (in tea if desired) ..	120 4	150 5	150 5
<i>Dinner.</i>			
Fish	37 1½	75 2½	75 2½
or	or	or	or
Chicken or rabbit	30 1	60 2	60 2
Potatoes and other vegetables.			
Low protein pudding (see list, p. 273).			
Stewed fruit.			
<i>Tea.</i>			
Bread, scones or buns	45 1½	45 1½	60 2
Milk in tea	60 2	60 2	60 2
Jam or golden syrup.			
Salad or fruit.			
<i>Supper.</i>			
Bread	30 1	60 2	75 2½
Milk in cocoa	150 5	150 5	150 5
Cocoa	7 ½	7 ½	7 ½
Stewed fruit.			
Butter all day	60 2	60 2	60 2

the physician. The quantity should be the same as that given for chicken.

RESTRICTED PROTEIN DIET B

<i>Prescription :</i>	40 g. Protein	50 g. Protein	60 g. Protein
	g. oz.	g. oz.	g. oz.
Breakfast.			
Grapefruit with sugar.			
1 Egg { Porridge, cooked	180 6	180 6	180 6
or { Force or Shredded Wheat	30 1	30 1	30 1
Milk ..	90 3	90 3	90 3
Bread (as toast if desired) ..	60 2	60 2	60 2
Marmalade.			
Milk in tea	60 2	60 2	60 2
Lunch.			
Fish, fresh	37 1½	75 2½	75 2½
or	or	or	or
Sweetbreads	30 1	60 2	60 2
or	or	or	or
Eggs (see alternatives, p. 289) No.	one	two	two
Potatoes and other vegetables.			
Stewed fruit.			
Tea.			
Bread, scones or buns	60 2	60 2	75 2½
Jam or honey.			
Milk in tea	60 2	60 2	60 2
Dinner.			
Chicken or game	45 1½	60 2	90 3
or	or	or	or
Fish, fresh	60 2	75 2½	120 4
Potatoes and other vegetables.			
Stewed fruit.			
Low protein pudding (see list, p. 237).			
Bread	30 1	30 1	45 1½
Butter all day	60 2	60 2	60 2

Note on restricted protein diets.

Plenty of sugar should be taken with restricted protein diets including sweets such and extra butter may be added if the patient is under weight.

Lemonade and other fruit juices may be taken as desired.

The foods may be rearranged to taste so long as the total quantities remain the To increase or decrease the protein in the diet, see tables of protein contents, p. 333

For note on "red" meat, see p. 238.

Maternity Patients Diet B.—If the milk at dinner is taken as a beverage a low Diet B adapted for Children.—Omit chicken, fish or eggs and vegetables from

DIET B ADAPTED FOR MATERNITY PATIENTS

<i>Prescription :</i>	40 g. Protein	50 g. Protein	60 g. Protein
	<i>g. oz.</i>	<i>g. oz.</i>	<i>g. oz.</i>
<i>Breakfast.</i>			
Grapefruit with sugar.			
1 Egg { Porridge, cooked ..	180 6	180 6	180 6
or { Force or Shredded Wheat ..	30 1	30 1	30 1
Milk ..	150 5	150 5	150 5
Bread (as toast if desired) ..	45 1½	45 1½	60 2
Marmalade.			
Milk in tea	90 3	90 3	90 3
<i>Lunch.</i>			
Fish, fresh	37 1½	75 2½	75 2½
or	or	or	or
Sweetbreads or chicken ..	30 1	60 2	60 2
Potatoes and other vegetables.			
Stewed fruit.			
Milk to drink or in pudding ..	120 4	150 5	180 6
<i>Tea.</i>			
Bread, scones or buns	45 1½	60 2	60 2
Jam or honey.			
Milk in tea	90 3	90 3	90 3
<i>Dinner.</i>			
Chicken	30 1	30 1	60 2
or	or	or	or
Fish, fresh	37 1½	37 1½	75 2½
or	or	or	or
Eggs (see alternatives, p. 289) No.	one	one	two
Potatoes and other vegetables.			
Stewed fruit.			
Milk to drink or in pudding ..	120 4	150 5	180 6
Butter all day	60 2	60 2	60 2

as barley sugar, acid drops, peppermint creams, and toffee after meals. Cream

same.

or general tables, p. 301.

protein pudding may be added (see list, p. 237).
the evening meal and give the allowance of eggs at teatime.

LOW SALT DIETS

Suitable for :—	PAGE
Chronic nephritis with œdema, but without nitrogen retention	108
Acute heart failure	70
Gradual heart failure	71

LOW SALT DIETS

Diet I

(Strict, containing about 0.1 g. sodium chloride)

- Breakfast.* Grapefruit or other fruit, fresh or stewed, with sugar if desired.
 Low-salt casein bread (p. 293), toasted if desired.
 Low-salt butter.
 Jam or marmalade.
 Tea or coffee with low-salt milk (p. 293) and sugar as desired.
- Dinner.* Low-salt meat or savoury dish (p. 294).
 Vegetables (see list, p. 244) boiled without added salt or soda. Low-salt butter may be added as desired.
 Stewed fruit.
 Cream or custard powder custard or blancmange made with low-salt milk (p. 293).
 Low-salt casein bread (p. 293).
- Tea.* Low-salt casein bread (p. 293).
 Low-salt butter.
 Jam, marmalade, honey, tomato, or mustard and cress.
 Shortbread biscuits (p. 295).
 Tea with low-salt milk (p. 293) and sugar as desired.
- Supper.* Low-salt casein bread (p. 293).
 Low-salt butter.
 Low-salt cream cheese (p. 293).
 Raw tomato with pepper.
 Tea or coffee with low-salt milk (p. 293) and sugar as desired.

Diet II

(Less strict, containing about 0.5 g. sodium chloride)

- Breakfast.* Grapefruit with sugar.
Low-salt bread.
Low-salt butter.
Boiled egg.
Jam or marmalade.
Tea or coffee with cow's milk and sugar as desired.
- Lunch.* Beef stewed without salt. Curry powder (p. 295) may be added if desired.
Potatoes and boiled rice.
Vegetables boiled without added salt or soda.
Baked apple.
Cream if desired.
- Tea.* Low-salt bread.
Low-salt butter.
Jam, marmalade, honey, tomato, or mustard and cress.
Shortbread (p. 295).
Tea with cow's milk and sugar as desired.
- Dinner.* Cold boiled chicken or steamed fish.
Green salad or celery, radishes, or tomato with pepper.
Low-salt bread.
Low-salt butter.
Tea, coffee, or cocoa with cow's milk and sugar as desired.

FOOD LIST FOR LOW SALT DIETS

Foods allowed in strictly low salt diets	Additional foods allowed in less strict diets	Foods forbidden in diets with salt restriction
Arrowroot Barley sugar Boiled sweets Bread, low-salt, with or without casein (p. 293) Butter, low-salt Cornflour Cream Cream cheese, low-salt (p. 293) Flour Fruit, fresh, stewed or tinned Fondant (p. 295) Gelatine Golden syrup Green salads Honey Jam Jelly Macaroni Marmalade Meat dishes, low-salt (p. 294) Milk, low-salt (p. 293). Mustard Nuts (not salted) Olive oil Pepper Rice Semolina Sugar (including glucose and lactose) Tapioca Tomatoes Vegetables, raw, or boiled without salt or soda (not beetroot, carrots, celery, radish, spinach, watercress). Vegetables fried in salt-free butter or olive oil Vinegar (distilled white wine)	Chicken, boiled Chocolate Fresh fish, steamed or boiled without salt Eggs Meat, stewed without salt. No gravy Milk, cow's Vegetables, raw, or boiled without salt or soda, including beetroot, carrots, celery, radish, spinach, watercress	Bacon Baked beans Beef, corned Beef, salt Biscuits Bloaters Bread, baker's Butter, salted Cheese Gravy Haddock, smoked Ham Kippers Meat extracts Olives, bottled Proprietary breakfast cereals Salmon, tinned Sardines Sausages Shellfish

LOW CALCIUM DIET*Containing 100 mg. Calcium*

Suitable for:—

Lead poisoning (used alternately with high calcium diet) ..	PAGE
Calcium balance experiments ..	118
	119

TOTAL DAILY QUANTITIES

Food			C. g.	P. g.	F. g.	Cal- cium mg.	Phos- phorus mg.	Acid c.c. N 10	Base c.c. N 10
g.	oz.								
150	5	Bread, white ..	76.0	11.0	1.0	32.8	104.0	20	—
60	2	Beef, raw weight ..	—	11.0	6.0	3.0	156.0	104	—
60	2	Chicken, boiled ..	—	14.8	5.8	6.0	154.0	118	—
100	3½	Apple ..	12.0	0.3	—	3.6	7.7	—	28
60	2	Banana ..	11.0	0.6	—	3.8	16.0	—	46
30	1	Cream ..	0.7	0.5	11.9	16.8	7.1	—	5
80	2½	Potato ..	2.1	0.8	—	10.1	16.2	—	43
120	4	Potato, baked in skin. Skin discarded ..	28.4	2.8	—	10.4	54.9	—	140
30	1	Bacon, raw weight ..	—	4.0	10.6	3.8	34.6	21	—
45	1½	Butter, fresh ..	—	0.2	36.3	6.3	10.2	2	—
30	1	Honey ..	21.7	0.1	—	1.5	4.8	—	2
60	2	Sugar, white ..	60.0	—	—	0.8	—	—	—
5	¼	Salt (pure sodium chloride) ..	—	—	—	—	—	—	—
			211.9	46.1	71.6	98.9	565.5	265	264

Calories = 1,726.

ARRANGEMENT OF MEALS

<i>Breakfast.</i>	Bread	60	grams
	Bacon	30	"
	Tomato	80	"
	Cream, sugar and butter from allowance.		
	Tea made with distilled water.		
<i>Lunch.</i>	Beef	60	"
	Potato	60	"
	Banana	60	"
<i>Tea.</i>	Bread	60	"
	Honey	30	"
	Cream, sugar and butter from allowance.		
	Tea made with distilled water.		
<i>Dinner.</i>	Chicken	60	"
	Potato	60	"
	Apple	100	"
	Bread	30	"

Note on low calcium diets.

Special precautions are necessary in preparing and cooking the food (see p. 120).

The amount of salt and sugar (and glucose or lactose if desired) may be altered to suit the patient's requirement, but it should remain constant throughout the experiment.

LOW PHOSPHORUS DIET

Containing approximately 0.6 g. phosphorus and providing
2,300 Calories

Suitable for :— PAGE
Chronic hypoparathyroidism 122

Food			Phos- phorus mg.	Cal- cium mg.
g.	oz.			
<i>Breakfast.</i>				
60	2	Orange juice or 3 oz. grapes	12.4	6.6
90	3	White bread	62.4	19.8
30	1	Fried bacon	66.4	3.3
		Butter from portion.		
30	1	Marmalade	3.6	9.9
		Tea with cream from portion and sugar if desired.		
<i>Dinner.</i>				
45	1½	Meat or fish or chicken	121.5	2.7
120	4	Potatoes	32.8	4.8
180	6	Cabbage	40.8	75.0
120	4	Stewed fruit	8.4	2.0
		Cream from portion.		
<i>Tea.</i>				
90	3	White bread	62.4	19.8
		Butter from portion.		
30	1	Jam or marmalade or honey	5.1	3.4
		Tea with cream from portion and sugar if desired.		
<i>Supper.</i>				
60	2	White bread	41.6	13.2
		Butter from portion.		
60	2	Ham	108.8	7.2
90	3	Salad (lettuce, tomato, cucumber, etc.)	21.6	22.2
<i>Daily allowances.</i>				
45	1½	Butter	10.2	6.3
60	2	Cream	14.2	33.6
45	1½	White sugar	—	0.6
			612.2	230.4

Foods forbidden unless specially prescribed.—Milk, cheese, eggs, peas, beans, brown bread, oatmeal.

LOW POTASSIUM DIET

Containing approximately 1.5 g. of potassium and providing
2,200 Calories.

Normal potassium intake, approximately 3.5 g. per day.

Suitable for :—

PAGE

Addison's disease 123

Food		Potassium grams
..	OZ.	
<i>Breakfast.</i>		
90	3	White bread 0.10
		One egg 0.07
60	2	Raw apple or other fruit, amount in list (p. 346) containing 0.05 g. K 0.05
60	2	Milk in tea or coffee 0.10
<i>Dinner.</i>		
90	3	Roast beef, mutton, pork, steamed or fried cod, or six times any other meat or fish in the list (p. 345) 0.30
60	2	Carrots or marrow, or other vegetable, amount in list containing 0.05 g. K 0.05
80	2½	Potatoes cut very small and cooked in eight times their volume of water 0.10
180	6	Stewed apples or 5 oz. stewed pears, or other fruit, twice amount in list (p. 346) containing 0.10 g. K 0.10
22	½	Cheddar cheese and ½ oz. sweet or water biscuit or ½ oz. cereal and 1 oz. cream as pudding, or pear caramel (p. 297) 0.05
<i>Tea.</i>		
90	3	White bread 0.10
37	1½	Jam or ½ oz. lettuce or ½ oz. tomatoes 0.05
60	2	Milk in tea 0.10
45	1½	Snow cake (p. 299) 0.03
<i>Supper.</i>		
60	2	White bread or 1½ biscuits (not digestive) 0.07
45	1½	Salmon or haddock or chicken, or three times meat or fish in list (p. 345) 0.15
60	2	Orange, or other fruit, twice amount in list (p. 346) containing 0.10 g. K, or gooseberry fool, twice amount in recipe (p. 298) 0.10
75	2½	Butter all day 0.01
		1.53

Sugar or glucose, butter, suet and salt may be taken as desired.

Ordinary gravy, and the water from cooked fruit or vegetables must not be used.
Special gravy may be made with cornflour and water, coloured with browning, and
salted.

CHAPTER XII

RECIPES

GENERAL PROPORTIONS IN COOKERY

A few useful rules and recipes

CEREALS

Coarse cereals (rice, tapioca, etc.).— $1\frac{1}{2}$ oz. of cereal to 1 pint milk for milk puddings, baked or boiled.

For baked puddings put washed cereal and cold milk in dish and place in a slow oven.

If cereals are to be boiled they should be added to boiling liquid (milk, soup, fruit juice, etc.) to prevent their burning. A double saucepan should be used for puddings. In the case of boiled rice about 2 pints of water should be used to $1\frac{1}{2}$ oz. cereal, and the rice cooked for about 18 minutes, drained, and cold water poured over it to wash away starchy particles which would make the grains stick together.

Porridge.—2 oz. oatmeal to 1 pint water. Add oatmeal to boiling salted water.

Fine cereals (cornflour, arrowroot, custard powder, patent barley, ground rice, etc.).—For moulded shapes, use $1\frac{1}{2}$ oz. cornflour, etc., to 1 pint liquid. For sauces, use 1 oz. to 1 pint.

Mix the cereal to a smooth paste with a little cold liquid. Boil the rest, pour it gradually over the paste, stirring all the time, return to the fire and stir until cooked. A double saucepan should be used if possible.

JELLIES

$\frac{3}{4}$ oz. gelatine or isinglass to 1 pint liquid, or one to one and a half sheets of gelatine to $\frac{1}{2}$ pint. If acid fruit juice, such as lemon is used, or if the weather is very warm, use from quarter to half as much more gelatine than is given above. If fresh pineapple is used in jellies it must be added when they are nearly set.

CUSTARDS

Two eggs to 1 pint milk.

Baked custard.—Beat up egg, add milk and flavouring. Place in pie-dish in a pan of cold water. Bake in a slow oven to prevent curdling.

Bolled egg custard.—The quickest way of making this is to boil the milk with sweetening in a double saucepan, and pour it over the beaten-up egg. Return to the pan, stir for approximately two minutes, until it coats a metal spoon (leaving a straight line across it). Remove the upper part of the pan containing the custard immediately from the lower part containing the boiling water; add vanilla or other flavouring. Should the custard have curdled, place in a pan of cold water and stir vigorously.

NOTE ON SWEETENING

Sugars.—Ordinary sugar, known technically as cane sugar, includes the product of both the sugar-cane and the beet. If its flavour is too sweet for a patient, equal calorie value may be obtained from glucose or lactose. It should be noted that lactose can only be dissolved satisfactorily in a warm fluid.

Sugar substitutes.—If sugar is not allowed on account of its fattening properties or in cases of diabetes mellitus, saccharine, saxine, or other sweetening agents without food value may be used. A $\frac{1}{4}$ -grain tablet is usually sufficient to sweeten a large cup of tea or coffee, or $\frac{1}{4}$ pint of custard, milk jelly, or the like. Lemonade or jelly requires about double this amount. Some patients may prefer to use a whole tablet in tea, etc., but if more than that is taken the flavour of the saccharine becomes noticeable and spoils the taste of whatever it is used to sweeten. Saccharine in cooked dishes should, where possible, not be added until 10 minutes before the food has finished cooking.

Sugarless sweetening of acid stewed fruit.—It is usually best to cook the fruit or rhubarb in water and then add a pinch of bicarbonate of soda to neutralise the acid. Scum will form, and this must be carefully removed. Saccharine may then be added to taste. It should be remembered that bicarbonate of soda spoils the flavour of the fruit to some extent, and therefore as little as possible should be used.

RECIPES FOR CAKES, PUDDINGS, ETC., WHOSE COMPOSITION IS GIVEN IN TABLE I.

CAKES

Rock Buns.

8 oz. flour.	2 oz. currants.
3 oz. margarine.	4 oz. milk.
3 oz. sugar.	1 teaspoon baking powder.

Rub the fat into the flour. Add the dry ingredients. Mix to a stiff dough with the milk. Place in heaps on a greased tin. Bake in a hot oven for 15-20 minutes.

Cherry Cake.

8 oz. flour.	3 eggs.
8 oz. butter or margarine.	6 oz. glacé cherries.
8 oz. sugar.	1 teaspoon baking powder.

Beat the butter and sugar to a cream. Add each egg separately and beat well. Stir in the flour and baking powder and add the cherries cut into pieces. Bake in a moderate oven for 1½-2 hours.

Chocolate Cakes.

4 oz. flour.	2 eggs.
3 oz. margarine.	½ oz. cocoa.
4 oz. sugar.	1 teaspoon baking powder.

Cream the fat and sugar and add the well-beaten eggs. Sift in the flour, cocoa, and baking powder. Beat well. Half fill small cake tins and bake in a moderate oven for 20-30 minutes.

Coconut Cakes.

8 oz. flour.	1 egg.
3 oz. margarine.	2½ oz. milk.
2½ oz. sugar.	1½ oz. desiccated coconut.
	1 teaspoon baking powder.

Mix the flour, baking powder and sugar and rub in the fat. Add the coconut. Mix to a stiff consistency with the egg and milk. Half fill small cake tins and bake in a hot oven for 15-30 minutes.

Currant Cake.

8 oz. flour.	2 eggs.
4 oz. margarine.	4 oz. currants.
4 oz. sugar.	1 teaspoon baking powder.

Cream the sugar and margarine and beat in the eggs. Add the flour and baking powder and then the fruit. Bake in a moderate oven for 1½-2 hours.

Orange Cake.

5 oz. flour.	2 eggs.
4 oz. margarine.	1 oz. orange juice.
4 oz. sugar.	1 teaspoon baking powder.

Cream the fat and sugar. Add the eggs slowly, beating well. Sift in the flour and baking powder, and finally mix in the orange juice. Bake in a moderate oven for 1 to 1½ hours.

Queen Cakes.

6 oz. flour.	2 eggs.
4 oz. butter or margarine.	1 oz. sultanas.
4 oz. sugar.	1 oz. currants.
	1 teaspoon baking powder.

Cream the butter and sugar. Add the eggs one at a time and beat well. Stir in the flour and baking powder and add the fruit. Half fill small cake tins and bake in a moderate oven for 20 minutes.

Rock Cakes.

8 oz. flour.	1 egg.
3 oz. margarine.	4 oz. currants.
3 oz. sugar.	1½ oz. milk.
	1 teaspoon baking powder.

Rub the fat, flour, baking powder and sugar well together. Mix in the beaten egg and milk. Add the currants. Drop the mixture in small portions on to a baking sheet. Bake in a hot oven for about 15 minutes.

Sponge Cake.

2 oz. flour.	2 oz. sugar.
2 eggs.	

Whisk the sugar and eggs together in a basin over hot water till stiff. Fold in the flour. Bake in a moderate oven for 20 to 30 minutes.

Gingerbread.

6 oz. flour.	1 egg.
2 oz. butter or margarine.	1½ oz. milk.
2 oz. sugar.	½ oz. ground ginger.
4 oz. golden syrup.	1 teaspoon sodium bicarbonate

Put the butter, sugar and syrup into a saucepan and heat gently till melted. Beat the egg well. Mix all the ingredients together and bake in a moderate oven for about 1½ hours.

Jam Tarts.

6 oz. uncooked short pastry. 6 oz. jam.

Make short pastry (see below), roll out and cut into rounds to fit the tart tins. Fill each tart with jam and bake in a hot oven for about 15 minutes.

Mince Pies.

10 oz. uncooked short pastry. 5 oz. mincemeat.

Roll out the pastry and cut into rounds. Place half the rounds in tart tins. Fill up with mincemeat and cover with the remaining rounds. Bake in a moderate oven for about 20 minutes.

Pastry, Flaky.

8 oz. flour. 6 oz. margarine.
3½ oz. water.

Make the pastry according to the standard method described in all cookery books.

Pastry, Short.

8 oz. flour. 4 oz. margarine.
3½ oz. water.

Make the pastry according to the standard method described in all cookery books.

Scones (with egg).

8 oz. flour. 1 egg.
1 oz. butter or margarine. 4 oz. milk.
1 oz. sugar. 1 teaspoon baking powder.

Rub the butter into the flour and baking powder. Add the sugar, egg and enough milk to make a soft dough. Roll out ½-inch thick and cut into rounds. Bake in a hot oven for 10 to 15 minutes.

Scones (without egg).

8 oz. flour. 5 oz. milk.
1½ oz. butter or margarine. 1 teaspoon baking powder.
½ oz. sugar.

Rub the fat into the flour, baking powder and sugar. Mix in the milk. Roll out and cut into rounds. Bake in a hot oven for 15 to 20 minutes.

Shortbread.

8 oz. flour. 4 oz. butter or margarine.
2 oz. castor sugar.

Beat the butter and sugar to a cream. Mix in the flour and knead till smooth. Press into a flat tin to about ½ inch in thickness. Bake in a moderate oven for 45 to 60 minutes.

PUDDINGS

Apple Charlotte.

13½ oz. apples, peeled and cored.	2½ oz. sugar.
3 oz. fresh breadcrumbs.	1 oz. jam.
3 oz. suet.	½ oz. margarine.

Grease a pie dish and line with breadcrumbs. Fill the dish with alternate layers of apple, suet, sugar, jam and breadcrumbs. Cover the top with crumbs and place dabs of margarine on the surface. Bake in a moderate oven till golden brown.

Apple Dumpling.

6 oz. flour	} short pastry.	3 apples (18½ oz. peeled and cored).
3 oz. margarine		1½ oz. sugar.
2½ oz. water.		

Make the pastry. Divide into three and roll out. Peel and core the apples. Place one on each piece of pastry. Fill the centre of the apple with sugar. Work the pastry round the apple until it is well covered. Bake for 30 to 40 minutes in a moderate oven.

Apple Pudding.

8 oz. flour	} suet crust pastry	10 oz. apples, peeled and cored.
4 oz. suet		3 oz. sugar.
4½ oz. water		1 oz. water.
1 teaspoon baking powder		

Make the suet crust pastry. Roll out and line a basin. Trim off the uneven edges. Fill with peeled apples and a little water and sugar. Roll out the trimmings to cover the basin. Steam for 1½ to 2 hours.

Apple Tart.

6 oz. uncooked short pastry.	2 oz. sugar.
8 oz. apples, peeled and cored.	1 oz. water.

Place the prepared apples, sugar and water in a pie dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30 to 40 minutes.

Banana Custard.

1 pint milk	} custard	6 bananas.
1 oz. custard powder		
1½ oz. sugar		

Make the custard (see p. 255) and slice the bananas into it. Serve when cold.

Blancmange.

1 pint milk.
1½ oz. sugar.

1½ oz. cornflour.

Mix the cornflour to a smooth paste with a little of the milk. Heat the remainder of the milk and sugar together. When hot stir into the paste and then transfer the whole to the saucepan. Cook gently, stirring for about 5 minutes. Turn into a mould and allow to set.

Bread-and-Butter Pudding.

1 pint milk.
1 oz. sugar.
2 eggs.

1 oz. currants.
2½ oz. bread.
½ oz. butter or margarine.

Cut the bread very thinly and spread with butter. Beat the eggs with the sugar and add the milk. Place the bread and the currants in a pie-dish in alternate layers. Pour the egg and the milk over the bread and bake in a moderate oven for about 30 minutes.

Cabinet Pudding.

¾ pint milk.
1½ oz. sugar.
2 eggs.

2 oz. raisins.
3 oz. bread.
½ oz. butter or margarine.

Cut the bread into slices and spread with butter. Mix the egg, sugar and milk, and pour over the bread and raisins. Soak for about half an hour. Pour into a greased basin. Cover with greased paper and steam slowly till set.

Canary Pudding.

6 oz. flour.
4 oz. butter or margarine.
4 oz. sugar.

2 eggs.
½ oz. milk.
1 teaspoon baking powder.

Cream the butter and sugar together and beat in the eggs. Stir in the flour, baking powder and milk. Bake in a moderate oven for 30 to 45 minutes.

Castle Pudding (baked or steamed).

3 oz. flour.
2 oz. butter or margarine.
2 oz. sugar.

1 egg.
½ teaspoon baking powder.

Cream the butter and sugar together and beat in the egg. Add the flour and baking powder. Put in greased dariole tins and bake in a moderate oven for about 20 minutes or steam for 1 hour.

Chocolate Mould.

- | | |
|--------------|--------------------------------|
| 1 pint milk. | 1 $\frac{1}{2}$ oz. cornflour. |
| 2 oz. sugar. | $\frac{1}{2}$ oz. cocoa. |

Mix the cornflour and cocoa to a smooth paste with a little of the milk. Heat the rest of the milk and the sugar. Pour the hot liquid on to the paste. Return to the pan and boil for 5 minutes, stirring all the time. Pour into a mould and allow to set.

College Pudding.

- | | |
|--------------------|---------------------------|
| 2 oz. breadcrumbs. | 1 oz. currants. |
| 2 oz. suet. | 1 oz. sultanas. |
| 2 oz. sugar. | 1 egg. |
| | 1 teaspoon baking powder. |

Mix all the dry ingredients together. Add the egg, previously well beaten, and stir till thoroughly mixed. Put the mixture into greased dariole tins and bake for 25 minutes.

Custard, Egg, Baked or Boiled.

- | | |
|--------------|---------|
| 1 pint milk. | 2 eggs. |
| 1 oz. sugar. | |

Beat the eggs and sugar together. For baked custard add the milk and place in a greased pie-dish. Stand in a pan of water and bake in a moderate oven until set. (About 40 minutes.)

For boiled custard, boil the milk and pour over the beaten eggs and milk, stirring all the time. Return to the pan. Stir for a few minutes until the mixture coats the back of a spoon. Remove from the fire and allow to cool.

Custard, Powder.

- | | |
|----------------------------|-----------------------|
| 1 pint milk. | 1 oz. custard powder. |
| 1 $\frac{1}{2}$ oz. sugar. | |

Blend the custard powder with a little of the milk. Add the sugar to the remainder of the milk, bring to the boil and pour immediately over the paste, stirring all the time. Allow to cool.

Dumpling.

- | | |
|---------------------------|----------------------------|
| 4 oz. flour. | 3 $\frac{1}{2}$ oz. water. |
| 1 $\frac{1}{2}$ oz. suet. | 1 teaspoon baking powder. |

Mix all the ingredients together with cold water to form a soft dough. Divide into twelve balls. Flour each one and place in boiling water. Boil for half an hour.

Gooseberry 'art.

- | | |
|------------------------------|--------------|
| 6 oz. uncooked short pastry. | 2 oz. sugar. |
| 8 oz. gooseberries. | 1 oz. water. |

Place the prepared gooseberries, sugar and water in a pie-dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30 to 40 minutes.

Jam Omelette.

2 eggs.

 $\frac{1}{4}$ oz. butter or margarine.

1 oz. jam.

 $\frac{1}{4}$ oz. sugar.

Beat the yolks and sugar together. Whisk the whites stiffly and fold into the yolks. Pour the mixture into an omelette pan and cook until well risen. Brown slightly under the grill. Spread with jam and fold into two.

Jam Roll, Baked.

8 oz. flour.

4 oz. margarine } short pastry.

 $3\frac{1}{2}$ oz. water

6 oz. jam.

Make the pastry. Roll out and spread with jam. Damp the edges and roll up. Bake in a moderate oven for 40 to 50 minutes.

Jelly. $6\frac{1}{2}$ oz. jelly cubes.

Water.

Dissolve the jelly cubes in hot water. Make up to a pint with water. Pour into a mould and allow to set.

Jelly, Milk. $6\frac{1}{2}$ oz. jelly cubes. $\frac{1}{2}$ pint milk

Water.

Dissolve the jelly cubes in as little hot water as possible. Allow to cool. Add half a pint of milk slowly, stirring all the time. Make up to a pint of mixture with water. Leave to set in a mould.

Pancakes.

4 oz. flour.

 $\frac{1}{2}$ pint milk.

1 egg.

2 oz. sugar.

 $1\frac{1}{4}$ oz. margarine.

Break the egg into the flour, add a little milk and stir till smooth. Add the rest of the milk by degrees, beating all the time. Allow to stand for an hour. Heat a little margarine in a frying pan. Pour into the pan enough batter just to cover the bottom thinly. Cook both sides and then turn on to sugared paper. Repeat till all the batter is used up. (Sufficient for about twelve pancakes.)

Plum Tart.

6 oz. uncooked short pastry.

2 oz. sugar.

8 oz. plums (weighed with stones).

1 oz. water.

Place the plums, sugar and water in a pie-dish. Roll out the pastry and cover the dish. Bake in a moderate oven for about 30 to 40 minutes.

Queen of Puddings.

$\frac{1}{2}$ pint milk.	1 oz. butter or margarine.
2 oz. breadcrumbs.	1 oz. sugar.
2 eggs.	2 oz. jam.

Pour the heated milk and butter over the breadcrumbs and sugar. Allow to stand for a few minutes. Add the beaten yolks and pour into a greased pie-dish. Bake in a moderate oven till set (20 minutes). Remove from the oven and spread with jam. Whisk the whites stiffly and pile on top. Return to a slow oven and bake till golden brown.

Rhubarb Tart.

6 oz. uncooked short pastry.	2 oz. sugar.
8 oz. rhubarb.	1 oz. water.

Place the prepared rhubarb, sugar and water in a pie-dish. Roll out the pastry and cover the dish. Bake in a moderate oven for about 30 to 40 minutes.

Rice Pudding.

1 pint milk.	2 oz. rice.
1 oz. sugar.	1 oz. butter or margarine.

Place the rice, milk, butter and sugar in a pie-dish. Bake in a slow oven for about 2 hours.

Sago Pudding.

1 pint milk.	2 oz. sago.
$1\frac{1}{2}$ oz. sugar.	

Soak the sago in the milk for 20 minutes. Add the sugar and bake in a slow oven for 30 minutes.

Semolina Pudding.

1 pint milk.	2 oz. semolina.
$1\frac{1}{2}$ oz. sugar.	

Heat the milk and sprinkle in the semolina. Bring slowly to the boil and simmer till the grain is soft. Add the sugar and pour into a pie-dish. Bake in a moderate oven for about 20 minutes.

Suet Pudding, Plain.

2 oz. flour.	$1\frac{1}{2}$ oz. sugar.
2 oz. breadcrumbs.	$3\frac{1}{2}$ oz. milk.
2 oz. suet.	1 teaspoon baking powder.

Place all the dry ingredients together in a basin. Mix to a soft paste with the milk. Pour into a greased basin. Steam for $2\frac{1}{2}$ hours.

258 MODERN DIETARY TREATMENT

Suet Pudding with Raisins.

2 oz. flour.	1½ oz. sugar.
2 oz. breadcrumbs.	3½ oz. milk.
2 oz. suet.	1 teaspoon baking powder.
2 oz. raisins.	

Place the flour, breadcrumbs, suet, sugar, and baking powder in a basin and mix to a soft paste with the milk. Add the raisins and mix well. Pour into a greased basin. Steam for 2½ hours.

Taploca Pudding.

1 pint milk.	2 oz. tapioca.
1½ oz. sugar.	

Pour the milk over the tapioca and allow to stand for ½ hour. Add the sugar. Bake in a slow oven for 20 minutes.

Treacle Tart.

12 oz. uncooked short pastry.	10 oz. golden syrup.
1½ oz. fresh breadcrumbs.	

Line shallow tins with pastry. Pour in the golden syrup. Sprinkle with breadcrumbs. Bake in a hot oven for about 30 minutes.

Trifle.

3½ oz. sponge cake.	2½ oz. jam.
1 pint custard powder custard (recipe, p. 255).	

Pour the custard over the sponge cakes which have been previously cut into slices and spread with jam. Allow to cool.

White Sauce, Sweet.

½ pint milk.	1 oz. sugar.
¼ oz. flour.	½ oz. margarine.

Make the sauce in the same way as the savoury sauce (recipe p. 263), adding the sugar instead of salt.

Yorkshire Pudding.

½ pint milk.	½ oz. dripping.
4 oz. flour.	1 level teaspoon salt.
1 egg.	

Salt the flour and break the egg into it. Beat till smooth, gradually adding about half the milk. Add the remainder of the milk and allow to stand for at least half an hour. Pour into a tin containing very hot dripping. Bake in a hot oven for 20 minutes.

SAVOURY DISHES

Beef Steak Pudding.

6 oz. flour	} suet crust.	8 oz. raw steak.
2 oz. suet		$\frac{1}{2}$ oz. flour.
4 oz. water		1 oz. water.
1 teaspoon baking powder		2 level teaspoons salt.
$\frac{1}{2}$ teaspoon salt		

Make the suet crust pastry and line a pudding basin, leaving sufficient for a lid. Cut the meat into slices and roll in the salted flour. Put into the basin. Add a little water and cover with the remainder of the pastry. Steam for about 2 hours.

Bread Sauce.

$\frac{1}{2}$ pint milk.	1 small onion.
2 oz. fresh breadcrumbs.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ oz. butter or margarine.	

Put the milk and onion in a saucepan and bring to the boil. Add the breadcrumbs and simmer gently for about 20 minutes. Remove the onion and add the seasoning, stir in the butter and serve.

Buck Rarebit.

3 oz. cheese.	2 oz. white toast.
1 oz. butter or margarine.	$\frac{1}{4}$ oz. butter on toast.
$\frac{1}{2}$ oz. milk.	1 egg.

Grate the cheese and make the toast. Mix together the cheese, butter and milk and spread evenly on the buttered toast. Place under the grill and cook until a light brown. Poach the egg and place on top of the toasted cheese.

Cheese Sauce.

$\frac{1}{2}$ pint milk	} white sauce.	1 $\frac{1}{2}$ oz. cheese.
$\frac{1}{4}$ oz. flour		1 level teaspoon salt.
$\frac{1}{4}$ oz. margarine		

Melt the fat in a pan. Add the flour and cook gently for a few minutes, stirring all the time. Add the milk and cook until the mixture thickens, stirring continually. Add the grated cheese and seasoning. Cook for a few minutes.

Cheese Straws.

2 oz. flour.	$\frac{1}{2}$ an egg yolk.
2 oz. butter or margarine.	$\frac{3}{4}$ oz. water.
3 oz. cheese.	$\frac{1}{2}$ teaspoon salt.

Rub the butter into the flour. Add the grated cheese and seasoning. Bind to a stiff paste with the yolk and water. Roll out thinly and cut into narrow strips. Bake in a hot oven for about 10 minutes.

Cheese Omelette.

2 eggs.

 $1\frac{1}{2}$ oz. cheese. $\frac{1}{2}$ oz. butter or margarine.

1 level teaspoon salt.

Beat the eggs with the seasoning and add the grated cheese. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy fold the omelette in two and brown lightly.

Curried Meat. $9\frac{1}{2}$ oz. cooked meat. $2\frac{1}{2}$ oz. dripping.3 onions, peeled ($12\frac{3}{4}$ oz.).1 apple, peeled and cored ($2\frac{1}{2}$ oz.).

2 oz. sultanas.

 $\frac{1}{2}$ oz. desiccated coconut.

1 oz. flour.

1 oz. curry powder.

1 pint stock or water.

2 level teaspoons salt.

Chop the onions and fry in the dripping. Add the chopped apple, sultanas and coconut, then the flour and curry powder and fry a minute or two. Add the stock and bring to the boil. Simmer for five minutes. Add the cooked meat which has been cut into pieces and reheat.

Egg Sauce. $\frac{1}{2}$ pint milk $\frac{1}{4}$ oz. flour $\frac{1}{4}$ oz. margarine

} white sauce.

1 hard-boiled egg.

1 level teaspoon salt.

Make the sauce and add the chopped egg and seasoning.

Fish Cakes.

8 oz. steamed cod.

4 oz. mashed potato.

1 egg.

 $\frac{1}{2}$ oz. flour. $\frac{1}{2}$ oz. margarine.

1 oz. dried breadcrumbs.

1 level teaspoon salt.

Heat the fat in a pan and add the coarsely chopped fish, potato and half the beaten egg. Mix well and allow to cool. Shape into six flat round cakes. Coat with flour, then with the other half of the egg and finally with dried breadcrumbs. Fry in very hot, deep fat for 2 minutes.

Fish Pie.

8 oz. steamed cod.

4 oz. mashed potato.

2 oz. suet.

1 egg.

7 oz. milk.

 $\frac{1}{2}$ oz. margarine. $\frac{1}{2}$ oz. breadcrumbs.

2 level teaspoons salt.

Chop the fish coarsely, and add the suet, potato, half the breadcrumbs and the seasoning. Stir in the beaten egg and the milk. Place in a greased pie-dish. Cover the surface with breadcrumbs and dabs of margarine. Bake in a moderate oven for about half an hour.

Hot Pot.

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| 8 oz. raw steak. | 8 oz. raw potato, peeled. |
| 2 onions, peeled (5 oz.). | 4 oz. water. |
| 2 carrots, scraped (3 oz.). | 2 level teaspoons salt. |

Cut the steak into small pieces and arrange in layers with slices of carrot and onion. Add a little water and seasoning. Slice the potatoes and place on top. Bake in a moderate oven for about 1½ hours.

Irish Stew.

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| 8 oz. neck of mutton (weighed with bone). | 12 oz. water. |
| 8 oz. potato, peeled. | ½ oz. pearl barley. |
| 4 oz. onion, peeled. | ½ teaspoon salt. |

Cut up the meat, potato and onion, and put into a saucepan. Add the water and barley and bring to the boil. Skim well and allow to simmer slowly for 1½ hours.

Kedgerree.

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| 8 oz. smoked fillet, steamed. | 2 eggs (one hard boiled). |
| 2 oz. rice. | ½ teaspoon salt. |
| 1 oz. margarine. | |

Boil the rice. Melt the margarine and add the boiled rice, flaked fish, beaten egg and seasoning. Mix well and stir in the chopped hard-boiled egg. Put in a pie-dish and cook in a moderate oven for 20 minutes.

Macaroni Cheese.

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| ½ pint milk. | 2 oz. macaroni. |
| 1 oz. margarine. | 3 oz. cheese. |
| 1 oz. flour. | 2 level teaspoons salt. |

Break the macaroni into small pieces and boil; drain well. Make a sauce of the milk, flour and margarine. Stir in three-quarters of the grated cheese. Add the boiled macaroni. Put the mixture in a pie-dish and sprinkle the remainder of the cheese on top. Brown under the grill.

Omelette.

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| 2 eggs. | ½ oz. water. |
| 1½ oz. butter or margarine. | 1 level teaspoon salt. |

Beat the eggs with the salt and add the water. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy fold the omelette in two and brown lightly.

Onion Sauce.

$\frac{1}{2}$ pint milk	} white sauce.	8 oz. onion, boiled.
$\frac{1}{2}$ oz. flour		1 level teaspoon salt.
$\frac{1}{2}$ oz. margarine		

Make the sauce and add the chopped onion and seasoning.

Potato Soup.

13 $\frac{1}{2}$ oz. potatoes, peeled.	$\frac{1}{2}$ pint milk.
1 onion, peeled (4 $\frac{1}{2}$ oz.).	$\frac{1}{2}$ pint water.
1 oz. dripping.	2 level teaspoons salt.

Melt the fat in a pan. Slice the vegetables and fry in the fat. Add the water and seasoning. Bring to the boil, cover and simmer for an hour. Rub through a sieve, add the milk and reheat.

Sausage Roll.

5 $\frac{1}{2}$ oz. uncooked flaky pastry.	2 oz. raw sausage meat.
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Make the pastry, roll out and cut into squares of 4 inches. Place some sausage in the middle of each. Fold over and bake in a hot oven for 20 to 30 minutes.

Scotch Egg.

3 eggs.	$\frac{1}{2}$ oz. beaten egg.
8 oz. raw sausage or sausage meat.	$\frac{1}{2}$ oz. breadcrumbs.
$\frac{1}{2}$ oz. flour.	

Hard boil the eggs, cool and remove shells. Skin the sausages and flatten each on a floured board. Dip each egg in flour and cover with the sausage meat. Brush with beaten egg and coat with crumbs. Fry in very hot, deep fat for about three minutes.

Scrambled Eggs.

2 eggs.	$\frac{1}{2}$ oz. butter or margarine.
1 level teaspoon salt.	$\frac{1}{2}$ oz. milk.

Beat the eggs with the seasoning and add the milk. Heat the butter in a pan and add the beaten eggs and milk. Stir over a gentle heat until the mixture thickens.

Shepherd's Pie.

6 $\frac{1}{2}$ oz. beef, cooked.	2 oz. milk.
3 $\frac{1}{2}$ oz. onion, boiled.	$\frac{1}{2}$ oz. margarine.
18 $\frac{1}{2}$ oz. potato, boiled.	6 oz. water.
	2 level teaspoons salt.

Mince the meat and chop the onion. Moisten with water and add the seasoning. Mash the potatoes with the milk and margarine. Place the mince and onion in a pie-dish. Pile the potato on top. Bake in a hot oven till brown.

Steak and Kidney Pie.

7 oz. uncooked flaky pastry.	2 oz. water.
7½ oz. raw beef steak.	2 level teaspoons salt.
3½ oz. raw kidney.	½ oz. flour.

Make the pastry. Cut the steak and kidney into pieces and roll in flour. Place with water and seasoning in the pie-dish. Cover with pastry. Bake in a hot oven for 20 minutes, then reduce the heat and continue cooking slowly for 2 to 2½ hours.

Toad-in-the-Hole.

½ pint milk	} batter.	8 oz. raw sausage or sausage meat.
4 oz. flour		2 oz. dripping.
2 eggs		2 level teaspoons salt.

Make the batter and pour into a pie-dish containing hot dripping. Skin the sausages and place them in the batter. Add the salt. Bake in a hot oven for about 40 minutes.

Welsh Rarebit.

3 oz. cheese.	2 oz. white toast.
1 oz. butter or margarine.	½ oz. butter on toast.
½ oz. milk.	

Make as for Buck Rarebit (p. 259), omitting the egg.

White Sauce, Savoury.

½ pint milk.	¾ oz. flour.
¾ oz. margarine.	1 level teaspoon salt.

Melt the fat in a pan. Add the flour and cook for a few minutes, stirring all the time. Add the milk and seasoning and cook gently until the mixture thickens, stirring continually.

RECIPES FOR HIGH CALORIE AND INVALID DIETS, AND DIETS SUITABLE FOR DISORDERS OF THE DIGESTIVE TRACT

BEVERAGES

Coffee (211 Cals. without cream ; 327 Cals. with cream).

Mix 1 oz. lactose with $\frac{1}{2}$ pint milk. Bring to the boil. Add a heaped dessertspoonful of coffee without stirring. Cook five minutes. Strain into a cup. Add 1 oz. cream if possible, stir and serve. This mixture may be taken iced through a straw if preferred.

Cocoa (237 Cals. without cream).

Use one heaped teaspoonful cocoa to $\frac{1}{2}$ pint milk and prepare in the usual way. Dissolve 1 oz. lactose in this. Add cream if possible. Chocolate may be used instead of cocoa.

Vanilla Egg Nog (293 Cals.).

Dissolve 1 oz. glucose or lactose in $\frac{1}{2}$ pint of milk, warming slightly if necessary. Beat up an egg and stir it into the milk mixture. Add vanilla to taste.

Treacle Egg Nog (257 Cals.).

Beat up an egg and mix it well with $\frac{1}{2}$ pint milk. Add a table-spoonful of black treacle, and continue stirring till it is dissolved.

Milk and Cream Mixture (327 Cals. with 1 oz. glucose or lactose).

Dissolve glucose or lactose in $\frac{1}{2}$ pint milk. Add 1 oz. cream and stir well. Serve very cold. If desired a few drops of vanilla may be added.

Lemonade. High Calorie Recipe (234 Cals.).

1 oz. lemon juice.

5 oz. water.

2 oz. glucose.

Boil the water with lemon rind and glucose for about five minutes. Allow to cool a little, add the lemon juice, strain, serve very cold.

A quicker method is to dissolve the glucose in 1 oz. lemon juice mixed with 4 oz. cold water. Strain carefully through butter muslin if to be used for a patient with colitis or typhoid.

Orangeade (about 100 Cals.).

Squeeze a large orange, add a little lemon juice if desired. Strain, add water and glucose to taste.

SOUPS AND SAUCES

Cream of Chicken Soup ($\frac{1}{2}$ pint provides 127 Cals.).

Chicken carcass. 2 pints milk.

Cover chicken carcass and bones with milk. Stew gently, preferably in a double saucepan, for one to two hours, adding milk when necessary to keep the quantity constant. Strain off liquid and thicken with 1 oz. flour and 1 oz. fat, or 1 oz. cornflour to each pint. Add seasoning as allowed. Serve with cream crackers or dry toast.

Cream of Tomato Soup (258 Cals.).

4 oz. tomato juice. 1 oz. lactose.
1 oz. cream. Salt and pepper if allowed.

Warm the tomato juice and dissolve the lactose in it. When ready to serve stir in the cream, but do not allow to boil. Season well.

Tomato Soup. High Calorie and Low Fat Recipe (157 Cals.).

4 oz. tomatoes. $\frac{1}{2}$ oz. cornflour.
1 oz. lactose. Salt and pepper if allowed.
4 oz. water.

Boil the tomatoes in the water until soft. Sieve them. Add the lactose and stir till dissolved. Mix the cornflour with a little water. Pour the tomato purée over it, stirring well. Return to the saucepan, stir until thickened. Allow to cook a few minutes, then serve.

Plain White Sauce (127 Cals.).

$\frac{1}{2}$ oz. cornflour. $\frac{1}{2}$ pint milk (skimmed if for patients on low fat diets).

This is very easy to make, and is more readily digested than if made with fat.

Mix the cornflour with a little cold milk. Boil the remainder, pour over the cornflour, stirring well. Return to the saucepan, stir until the mixture thickens and tastes cooked (about five minutes), or leave to cook in a double saucepan. Use seasoning as allowed.

White Soup (suitable for gastric ulcer and colitis patients).

5 oz. milk. About 2 oz. of sieved carrots,
 $\frac{1}{2}$ oz. butter or margarine. potatoes, peas, spinach or
 $\frac{1}{2}$ oz. flour. tomatoes, or Marmite or
Salt. Yeastrel to taste.

Melt the butter and stir in the flour to a smooth paste. Add the milk gradually, stirring to avoid lumps. Then add the sieved, cooked vegetable and continue cooking for a few minutes after the

mixture has boiled. If tomatoes are used the milk mixture should be thoroughly cooked first, and the tomato then added slowly and carefully to avoid curdling; this soup should not be boiled. If potatoes are used it may be necessary to increase the amount of milk.

FISH

Fish Custard (253 Cals.).

4 oz. cooked fish (smoked	$\frac{1}{2}$ pint milk.
haddock may be used if	$\frac{1}{2}$ egg.
salt is not restricted).	Little salt.

Flake fish. Beat up egg and add milk, and a little salt if allowed. Pour over the fish in a fireproof dish and bake in a pan of water in a cool oven.

Steamed Fish Cream (238 Cals.).

Proceed as for fish custard, sieving the fish if preferred, but pour the mixture into greased moulds. Cover with greaseproof paper, and steam gently until set. Serve with white sauce.

CHICKEN

Chicken or Rabbit Custard (244 Cals.).

Make as fish custard, using 2 oz. minced chicken or rabbit instead of fish.

Chicken Jelly (250 Cals.).

1 $\frac{1}{2}$ oz. chicken.	$\frac{1}{2}$ pint chicken stock.
2 sheets gelatine.	Salt to taste if allowed.
1 oz. cream.	

Put chicken twice through the mincer or rub through a sieve. Heat the chicken stock, with seasoning if allowed. Remove from the fire, add the gelatine, and stir in the chicken. Place in a mould, add the cream, and turn out when set.

Meat Extract Custard (82 Cals., *i.e.* the value of 1 egg).

1 egg.	$\frac{1}{2}$ pint well-flavoured meat extract or beef tea.
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Beat up the egg. Mix well with the meat extract or beef tea. Bake in a fireproof dish placed in a pan of water in a cool oven for about 40 minutes until set.

N.B.—This is not suitable for patients suffering from acute dyspepsia or typhoid, unless Marmite or Yeastrel is substituted for meat extract.

PUDDINGS

Apple or Apricot Meringue (50-100 Cals.).

$\frac{1}{2}$ lb. stewed apple or stewed and sieved dried apricots.	White of 1 egg. Sugar.
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Invalid and Low Fat Recipe.—Place the apple in a pie-dish. Whip the egg white till stiff, then add a little sugar to it. Pile on the apple. Brown in a quick oven, or under the grill. If preferred, the egg white may be folded into the apple and the pudding served as a whip.

Low Residue Recipe. May be made suitable for convalescence from colitis or gastric ulcer by sieving the fruit before use.

Bread-and-Butter Pudding (283 Cals.).

2 slices of bread and butter. $\frac{1}{2}$ pint milk.	1 egg. Sugar to taste.
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Cut the bread and butter into small squares and place in a pie-dish. Beat up the egg and mix well with the milk and sugar. Flavour with vanilla or cocoa if desired. Pour over the bread and allow to stand half an hour if possible. Stand in a pan of water in a cool oven and bake 30 to 40 minutes until set.

Orange Mould. Individual serving (206 Cals.).

3 oz. strained orange juice. Rind of half a lemon.	$\frac{1}{2}$ oz. cornflour or $\frac{1}{4}$ oz. arrow- root. 1 oz. glucose.
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Boil $\frac{1}{2}$ pint of water with the lemon rind and glucose until the volume is reduced by half. Mix the cornflour or arrowroot with a little water to a smooth paste. Strain the water flavoured with lemon rind over this, stirring well. Add the orange juice, return to the fire, and stir until the mixture is clear. This mixture can be set with one to one and a half sheets gelatine instead of cornflour if preferred. Other fruit juice may be used, but for patients suffering from hyperchlorhydria, acid fruits must be avoided.

Queen of Puddings (454 Cals.).

2 oz. white bread-crumbs. $\frac{1}{2}$ pint milk. 1 egg.	Honey or jelly. Sugar to taste.
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Put the bread-crumbs in a buttered pie-dish. Separate the yolk from the white of egg. Beat the yolk, mix with the milk and add sugar or glucose to taste. Pour over the crumbs, place in a pan of water in a slow oven and bake until set. Spread honey or jelly

over the top (red currant may be used if not intended for a patient suffering from hyperchlorhydria), or jam if there is no digestive disturbance. Beat the white of egg until stiff, add one teaspoonful of sugar. Pile on the pudding and brown in a quick oven or under the grill. One teaspoonful of cocoa and a few drops of vanilla may be mixed with the egg and milk if desired to make a chocolate pudding; golden syrup or honey should then be used instead of jelly.

Trifle (506 Cals.).

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| 2 sponge cakes. | Vanilla. |
| $\frac{1}{2}$ pint boiled custard (made with egg or custard powder). | Honey or black-currant jelly. |

Cut the sponge cakes crosswise into three. Spread with honey, black-currant jelly, or jam if there is no digestive disturbance, and put together again. Cut downwards into four. Lay the pieces in a glass dish. Make an egg or custard powder custard, flavour with vanilla, and pour over the sponge cakes. Leave to cool. Decorate with jelly before serving.

Compôte of Fruit (280 Cals.).

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| $\frac{1}{2}$ lb. fruit (fresh, or dried soaked fruit). | 2 oz. glucose. |
| $\frac{1}{2}$ pint water. | Lemon rind. |

Boil the glucose in the water with lemon rind until the volume is reduced by half. Put in fruit and cook until soft but whole. Remove lemon rind. Serve cold with custard or cream.

N.B.—Fresh peaches or apricots make an excellent compôte. To peel them, put them on a fork and place them in boiling water for a minute. The peel will then come off easily.

Milk or French Toast (328 Cals.).

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| $\frac{1}{2}$ pint milk. | 3 slices bread. |
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Toast the bread to a delicate brown, and put it into a covered dish. Heat the milk, season it with a saltspoonful of salt, and pour over the toast. A little butter may be spread on each slice before the milk is added. White sauce may be used instead of milk if preferred.

Pain Perdu.

Dip thick slices of stale, crustless bread in sweetened milk, then in beaten egg. Fry in butter. While the bread is still hot, sprinkle it with castor sugar. Serve with compôte of fruit or rings of tinned pineapple.

RECIPES FOR LOW CALORIE DIETS

SOUPS

Note.—Stock must be carefully freed from fat. (See p. 274).

Mixed Vegetable Soup.

Use vegetables in season (not potatoes or pulses). Chop finely and cook in water or chicken stock until tender. Season and add a little chopped parsley before serving.

Celery or Mushroom Skimmed Milk Soup.

3½ oz. skimmed milk.	Parsley.
Head of celery, or about	Salt and pepper.
2 oz. mushrooms.	

Stew the celery in sufficient water to cover, until tender, then strain through a hair sieve. Add the skimmed milk, seasoning and a little finely chopped parsley. Bring to the boil and serve immediately.

Mushrooms may be used instead of celery. Prepare in the same way, chopping the mushrooms finely instead of sieving.

Asparagus Soup.

½ pint stock.	Salt and pepper.
6 to 8 sticks of fresh asparagus, or	
small tin of asparagus.	

Boil the asparagus in the stock until the tips are tender. Remove these and set aside. When the rest of the asparagus is soft rub it through a sieve. Reheat this with the soup and add the tips. Season well and serve. If tinned asparagus is used the tips should be removed at once, and the stalks, liquor from the tin, and ½ pint stock cooked together. Then proceed as above.

Marrow Soup.

½ pint stock.	Bay leaf, shred of onion.
½ lb. cooked marrow.	Salt and pepper.

Cook the stock for about 10 minutes with the onion and bay leaf. Sieve the marrow and add to the stock. Cook another 10 minutes. Remove the bay leaf, season well and serve. Garnish with chopped parsley if desired. Cucumber soup may be made by using cucumber instead of marrow.

Cauliflower or Spinach Soup.

½ pint stock or skimmed milk.	Shred of onion if desired.
1 small cauliflower or	Salt and pepper.
1 lb. spinach (or small tin).	

Bring the stock to the boil with the onion, put in the cauliflower or well-washed spinach, and cook till tender. Sieve, season well, reheat and serve. If skimmed milk is used, cook the vegetable in very little water and add to the skimmed milk when sieved. Reheat and serve.

Celery Soup.

$\frac{1}{2}$ pint stock.	Few shreds of onion.
Outside stems of a head of celery.	Salt and pepper.

Clean the celery and cut in small pieces crosswise. Cook with the onion in the stock until tender. Season well and serve.

Cabbage Soup.

$\frac{1}{2}$ pint stock.	Few shreds of onion.
4 oz. raw cabbage.	Salt and pepper.

Shred the cabbage finely. Cook in the stock with the onion until tender. Season well and serve.

Potage à la Bonne Femme (modified).

$\frac{1}{2}$ pint stock.	2 leaves sorrel.
1 small lettuce.	Yolk of 1 egg.
3 oz. cucumber.	Salt and pepper.
2 or 3 sprigs taragon and chervil.	

Shred all the vegetables finely. Pour boiling stock over them. Add salt. Cook gently for 20 to 30 minutes until the vegetables are tender. Leave to cool. Beat up the egg yolk and add. Reheat and stir until thick, but do not allow to boil. Serve at once.

PUDDINGS

Lemon Jelly.

Boil $\frac{1}{2}$ pint water with lemon rind for about five minutes. Dissolve one and a half sheets of gelatine in this after removing from the fire. Add the juice of a good sized lemon and one or more crushed saccharine tablets to taste. Add lemon colouring. Strain, pour into a mould. Turn out when set. Decorate with stewed cranberries sweetened with saccharine if desired. Peppermint essence may be used instead of lemons if preferred.

Coffee Jelly.

Make $\frac{1}{2}$ pint well-flavoured coffee. Sweeten with half or one saccharine tablet to taste. Dissolve one to one and a half sheets of gelatine in the liquid off the fire. Strain and pour into a mould. Turn out when set.

Agar-Agar Jelly.

$\frac{1}{2}$ teaspoonful powdered agar-agar. $\frac{1}{2}$ pint water or coffee.

Mix the agar to a smooth paste with a little of the water or coffee. Add the rest of the water, and boil 10 minutes. Strain, colour, and sweeten with saccharine to taste. Add flavouring if the jelly has been made with water. Pour into moulds, and cool at room temperature. This recipe may be adapted for certain diabetic diets by reducing the amount of water and replacing it with cream.

Cranberry Whlp.

Stew cranberries in water until soft. Add a pinch of bicarbonate of soda to counteract some of the acidity. Remove the scum. Sweeten with saccharine to taste. Strain off the juice. Fold in a stiffly beaten egg white and serve immediately.

Stewed Rhubarb.

Cook rhubarb in water as cranberries, adding bicarbonate of soda if very tart. Sweeten with saccharine to taste.

Orange Jelly. See p. 286.

Fruit Jelly. See p. 287.

Fruit Whlp. See p. 286.

**BULKY SALADS AND SAVOURY DISHES PROVIDING
ABOUT 80 CALORIES**

Egg Salad.

Cut up 1 hard-boiled egg and serve with lettuce, tomato, celery, cucumber, cress and chopped chives.

Stuffed Egg.

Cut a hard-boiled egg in half, remove the yolk carefully, and mix with a little anchovy essence, or tomato juice and seasoning, or skimmed milk and seasoning. Replace in the white, and serve on lettuce and tomato with pimento if desired.

Sardine Salad.

Remove as much oil as possible from 1 oz. sardines. Place on a lettuce and tomato salad. Decorate with pimento if desired.

Cheese Salad.

Mix 1 oz. milk (not cream) cheese such as York, Bondon, or Little Wilts, with enough tomato juice and seasoning to mould into a ball. Serve in a bed of lettuce decorated with tomato, cucumber, etc.

Lobster or Crab Salad.

Serve 2 oz. lobster or crab on a salad with special dressing (see below).

Chicken Jelly.

Make aspic, or jelly with $\frac{1}{2}$ pint of tomato juice, or stock or chicken broth carefully freed from fat, and 1 sheet of gelatine. Season well. Decorate a mould with tomato, cucumber, diced carrots, or similar vegetables in season. Dice $1\frac{1}{2}$ oz. chicken (or rabbit) and place on the vegetables. Pour in the remainder of the jelly and leave to set. Serve on lettuce and tomatoes.

Baked Tomato and Egg.

Remove the centre from a large tomato. Slip in a whole egg and bake in a moderate oven until set. This may be served with whole tomatoes baked in a little water. They must be pricked on top to prevent them from bursting.

Baked Egg and Mushrooms.

Bake some sliced mushrooms in liquid paraffin in the bottom of a small fireproof dish. When nearly cooked add an egg, seasoning, and bake until set. Tomatoes may be used as well as, or instead of, the mushrooms.

Stewed Sweetbreads and Mushrooms.

Blanche and stew $1\frac{1}{2}$ oz. sweetbreads in water or skimmed milk with mushrooms. Season well before serving.

Meat Extract Custard. See p. 266.

SALAD DRESSINGS WITH NEGLIGIBLE FOOD VALUE**French Dressing.**

Make as ordinary dressing, substituting liquid paraffin for salad oil.

Mayonnaise.

Make as ordinary mayonnaise, with liquid paraffin instead of salad oil. If any sweetening is desired use a little crushed-up saccharine.

Mint Sauce.

Make in the usual way, substituting saccharine to taste for sugar.

LOW RESIDUE RECIPES

Flour of Oatmeal.

1½ oz. flour of oatmeal.	Salt.
1 pint water.	

Mix the flour of oatmeal to a smooth paste with a little of the water. Bring the rest of the water to the boil, and stir in the oatmeal and a pinch of salt. Continue simmering, stirring occasionally, for about half an hour, until the mixture tastes cooked. If flour of oatmeal is not available, ordinary porridge may be rubbed through a fine sieve and reheated before serving.

Strained Marmalade.

Warm marmalade in a saucepan until liquid, stirring to prevent its burning, or in a fireproof dish in the oven. Pour through a fine sieve and allow to cool. The rind left behind may be used for puddings, etc., for those not requiring special diets. Plum and other stone fruit jams may be strained in the same way.

HIGH RESIDUE RECIPE

Quaker Oats Fingers.

4 oz. Quaker oats.	1 teaspoonful treacle or golden
2 oz. margarine.	syrup.
3 oz. sugar.	

Melt the margarine, treacle and sugar in a saucepan. Add the Quaker oats and stir all together for a few minutes over gentle heat. Then spread thinly on a greased baking tin and bake 15 to 20 minutes in a moderate oven until golden brown. Mark out in neat fingers and leave in the tin until cool. Cut up and store in a tin.

FRACTIONAL TEST MEAL

Gruel.

1 to 2 oz. fine oatmeal.	2 pints water.
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Simmer the oatmeal in the water until the volume is reduced to 1 pint. Strain through fine muslin or a hair sieve. Bring to blood heat to serve.

RECIPES FOR LOW FAT DIETS

Where quantities are given, the recipes below are sufficient for 1 good or 2 small servings. They do not contain more than 1 gram of fat.

SOUPS MADE FROM STOCK OR WATER

To clear stock from fat.—Allow stock to stand overnight. Remove carefully with a spoon as much fat as possible. Then warm if jellied and absorb the remainder by running pieces of clean white paper across the surface until no fat spots can be seen on a fresh piece of paper.

Potato Soup.

2 good sized potatoes.
 $\frac{1}{2}$ pint stock freed from
 fat, or water.

Small onion and other vegetables to flavour.
 Herbs or parsley.
 Salt and pepper.

Wash and prepare vegetables, and cut in pieces. Stew in stock or water. When cooked, sieve and season. Finely chopped parsley may be added just before serving or herbs tied up in muslin may be cooked in the soup.

Tomato Soup. (See also p. 265.)

$\frac{1}{2}$ lb. tomatoes.
 $\frac{1}{2}$ pint stock freed from
 fat, or water.

$\frac{1}{4}$ oz. cornflour.
 Salt and pepper.

Cook the tomatoes in the stock or water. Mix the cornflour to a smooth paste with a little cold water in a basin. Sieve the cooked tomatoes and pour them over the cornflour, stirring them well. Return the soup to the saucepan, continue stirring for about five minutes, until the soup tastes cooked. Season with salt and pepper and serve. Tomato juice or sauce, or tinned tomatoes may be used instead of fresh fruit.

SKIMMED MILK SOUPS (See also p. 269.)

Skimmed milk, fresh or dried, may be used for low-fat soups, sauces, fish, chicken or sweet dishes.

"Cream" of Potato Soup.

1 good sized cooked potato.
 $\frac{1}{2}$ pint skimmed milk.

$\frac{1}{4}$ oz. patent barley or
 cornflour.

Bring the skimmed milk nearly to the boil. Sieve the potato and add it to the milk. Cook them together for a few minutes, stirring all the time. Mix the barley or cornflour to a smooth paste in a basin with a little cold skimmed milk or water. Pour the potato and milk over the paste; stir well. Return to the fire. Stir for about five minutes until cooked. Season, and serve with chopped parsley to flavour if desired.

Other Vegetable Soups.

Any cooked sieved vegetables, for instance, carrots, turnips, peas, cauliflower, may be used with skimmed milk to make soup. Patent barley for thickening gives a rather richer flavour than cornflour.

If tomatoes are used, the milk, should be thickened first and added very gradually off the fire to the sieved tomatoes to prevent its curdling, or a pinch of bicarbonate of soda may be added to the tomatoes.

Soup containing 3½ oz. Skimmed Milk.

Make as above, using 3½ oz. skimmed milk and ½ oz. patent barley or cornflour.

Meat or Yeast Extract and Skimmed Milk Soup.

Flavour hot skimmed milk with meat extract, Marmite or Yeastrel to taste. Thicken with cornflour or barley if desired.

SAUCES

Tomato Sauce.

Make as for tomato soup (p. 274), but use 1 oz. cornflour to thicken instead of ¾ oz.

White Sauce.

Make as for plain white sauce (p. 265), using skimmed milk instead of whole milk. Chopped parsley, meat extract, tomato ketchup, Marmite or Yeastrel may be added just before serving to vary the flavour.

Egg Sauce.

The white of one hard-boiled egg may be chopped and added to the above sauce if protein is not strictly limited.

Bolled Dressing.

¼ tablespoon salt.	¼ pint skimmed milk.
1 teaspoon mustard.	2 tablespoons vinegar.
1½ tablespoons sugar.	½ oz. cornflour.
Few grains cayenne.	

Mix the dry ingredients, then add milk and vinegar very slowly. Cook over boiling water until the mixture thickens. Strain and cool.

FISH

Suitable fish : haddock, fresh or smoked, cod, skate, sole, lemon sole, plaice.

"Creamed" Fish.

Flaked cooked fish. White sauce (see recipe above).

Mix the fish with the sauce, season well. Reheat, pile on a plate, and serve immediately, with dry toast if desired. Anchovy flavouring or finely chopped parsley may be added to the sauce if desired.

Scalloped Fish.

Proceed as for "creamed" fish, then place in a shell or fireproof dish, cover with browned bread raspings, reheat in the oven and serve.

Fish Pie.

Fill a pie-dish with "creamed" fish (see p. 275). Add chopped parsley if desired. Cover with mashed potato moistened with skimmed milk. Brown under the grill or in a hot oven, and serve.

Baked Fish with Tomatoes.

Place whole fish or fillets in a fireproof dish. Add skimmed milk to moisten. Slice tomatoes crosswise and cover the fish with these; bake until the fish comes away easily from the bone. Partly cooked sliced mushrooms or onions may be used as well as the tomatoes, or in place of them if preferred.

Kedgerree.

Fillet of cooked smoked haddock
or other fish.

Equal quantity of boiled rice.

White sauce (see recipe, p. 275).

White of hard-
boiled egg.

Salt and pepper.

Chop the egg white and mix with the other ingredients. Season well and serve very hot with sippets of dry toast.

Fish Salad.

The kedgerree above may be served cold on lettuce or cress, substituting tomato juice for white sauce. Chopped celery or capers may be added to the salad, and special boiled dressing (p. 275) may be used as desired.

Fish in Aspic.

Make aspic in the usual way, or use fish stock and add one sheet of gelatine to $\frac{1}{2}$ pint. Season well. Decorate two individual moulds with cooked peas, diced cooked carrots, or other vegetables. Add well-seasoned cooked fish or pieces of lobster. Pour the aspic or fish stock carefully on to these and leave to set in a cool place. Turn out and serve with lettuce, cress, or other salad, and special boiled dressing (see recipe, p. 275) if desired.

CHICKEN, RABBIT, TRIPE, STEAK**"Creamed" Chicken or Rabbit.**

3 tablespoons minced or diced
chicken or rabbit.

1 tablespoon boiled rice.

Skimmed milk white sauce

(see recipe, p. 275).

Sliced stewed mushrooms,
tomatoes, chopped capers,
or peppers to flavour if
desired.

Salt and pepper.

Mix the chicken or rabbit with the rice and enough sauce to moisten. Add mushrooms or other vegetables. Heat and serve with sippets or on a slice of dry toast.

Chicken Jelly (see p. 272).

Stewed Tripe and Onions.

6 oz. tripe.

$\frac{3}{4}$ pint skimmed milk.

$\frac{1}{4}$ oz. cornflour.

A small onion.

Salt and pepper.

Cut the tripe in neat pieces about $1\frac{1}{2}$ inches square. Peel the onion and slice it crosswise. Place these in enough skimmed milk to cover and bring gently to the boil. Simmer for at least two hours until tender, adding more skimmed milk if necessary. Thicken with $\frac{1}{4}$ oz. cornflour mixed to a paste in cold skimmed milk or water. Stir until the sauce tastes cooked. Season. Serve with dry toast and parsley to decorate.

Stewed Tripe and Tomatoes.

6 oz. tripe.

3 medium tomatoes or a small tin of tomatoes.

Half a small onion.

$\frac{1}{4}$ oz. cornflour.

$\frac{1}{4}$ pint water or stock.

Cover the tripe, tomatoes, and sliced onion with water or fat-free stock and stew until tender, which will take at least two hours. Thicken the sauce with the cornflour mixed to a smooth paste with cold water. Stir until the sauce tastes cooked. Season, adding a little tomato ketchup, meat extract, Marmite or Yeastrel if desired. Serve with dry toast. Omit onion if used for light diet.

"Pan broiled" Steak.

Trim the fat carefully off a thin cut of rump steak. Heat a frying-pan and cook the steak in it, turning it over frequently. Use meat extract for gravy if required.

VEGETABLES AND MEAT SUBSTITUTES

Macaroni and Tomatoes.

6 sticks macaroni.

$\frac{1}{4}$ oz. cornflour.

Salt and pepper.

$\frac{1}{2}$ lb. tomatoes or a small tin of tomatoes.

Cook the macaroni in boiling salted water until tender. Boil the tomatoes in water and when cooked rub through a sieve. Add some of the water in which they were boiled so that the total volume is $\frac{1}{4}$ pint. Thicken with the cornflour, season to taste, pour over the macaroni and serve. $\frac{1}{2}$ oz. of rice may be substituted for the macaroni.

Baked Tomatoes.

Make a small hole in the top of the tomatoes with a knife or fork. Place in a fireproof dish with a little water. Bake about 10 to 15 minutes, until soft.

Stuffed Tomatoes.

2 large tomatoes.

About 2 tablespoonsful of boiled
rice.

White of a hard-boiled egg.

Cooked vegetable.

Salt and pepper.

Cut the tops off the tomatoes. Scoop them out carefully. Chop the egg white, mix with the rice, the inside of the tomatoes, and some chopped cooked beetroot, carrot, or other vegetables. Season well. Stuff the tomatoes with the mixture. Serve cold on lettuce or cress, or bake in the oven in a little water for about 15 minutes, and serve on small rounds of dry toast or in a bed of boiled rice.

Stuffed Egg Whites.

Whites of 2 hard-boiled eggs.

About 2 tablespoons boiled rice.

Cooked vegetables and

tomatoes.

Cut the hard-boiled eggs in half, longwise. Scoop the yolks out carefully as these must not be used for low fat diets. Mix the rice with the vegetables and a little vinegar if desired. Fill the egg whites, piling the stuffing up. Serve on salad.

Celery and Apple Salad.Celery
Apple.Seedless raisins.
Lettuce.

Chop the celery and peel and chop the apple. Mix, add a few seedless raisins, and serve on a bed of lettuce, with vinegar and sugar if desired, or boiled dressing, p. 275.

PUDDINGS**Skimmed Milk Custard.**

1 oz. custard powder.

1 pint skimmed milk.

Sugar.

Stir the custard powder to a smooth paste in a little of the cold skimmed milk. Sweeten the remainder and bring to the boil, pour over the custard powder, stir well, and return to the fire. Cook in a double saucepan, or stir all the time, until the custard tastes cooked.

Coffee Custard.

This may be made by adding strong coffee or coffee essence to flavour the above custard.

Coffee Blancmange. $\frac{1}{4}$ oz. cornflour. $\frac{1}{2}$ pint skimmed milk.

Strong coffee or coffee essence.

Sugar.

Mix the cornflour to a smooth paste in a little of the skimmed milk. Bring the remainder to the boil in a double saucepan with about a dessertspoonful of sugar (one or more tablespoonfuls of glucose may be substituted if extra Calories are required). Pour over the cornflour, stirring all the time. Return to the saucepan. Add coffee or coffee essence to taste. Stir well, and leave 5 to 10 minutes until cooked. Pour into a mould and turn out when cold.

"Creamed" Rice and Banana.

$\frac{1}{2}$ oz. rice.	1 or 2 bananas.
$\frac{1}{2}$ pint skimmed milk.	Jam.
1 dessertspoonful of sugar.	Lemon rind.

Wash the rice. Place in a double saucepan with the skimmed milk, sugar, and lemon rind. Stew for one to two hours until soft. Remove the rind. Place in a glass dish or individual glasses. When cool, cover with jam. Slice banana on top. Add a little lemon juice if not to be used at once. Decorate with jam or cherries and angelica.

Trifle.

Angel cake (p. 280) or plain buns.	Jam.
Custard made from skimmed milk	Sugar.
and custard powder (see p. 278).	

Spread slices of angel cake or buns with jam. Make into sandwiches, cut into squares and place in a glass dish. Make a custard with custard powder and skimmed milk, pour it hot over the cake. When cool decorate with cherries and angelica. Marshmallows cut in pieces may also be used on top if desired, and may be browned under the grill.

Fruit Whip.

Stewed or tinned fruit, or fresh strawberries or raspberries.	White of 1 egg.
	Sugar.

Sieve the fruit, draining off any juice, and sweeten to taste. Beat the egg white until stiff. Fold it into the fruit. Pile in individual glass dishes and serve at once.

Apple Charlotte.

$\frac{1}{2}$ lb. cooking apples.	1 teacupful bread-crumbs.
1 oz. sugar.	Golden syrup.
The grated rind of half a lemon or a few cloves.	

Cook the apples. When they are reduced to a soft pulp, add the lemon rind and sweeten to taste. Cover the bottom of a pie-dish with bread-crumbs, cover this with a layer of apple pulp, and continue with alternate layers of bread-crumbs and apple, finishing with a layer of bread-crumbs. Place golden syrup or brown sugar on the top, and bake in a moderate oven for about 30 minutes.

Apple Meringue (see p. 267).

Fruit Mould.

$\frac{1}{2}$ pint fruit juice or pulp.
Sugar.

1 oz. cornflour or arrow-
root.

Mix the cornflour with cold water to a smooth paste. Heat the fruit juice or pulp, sweetened to taste, and pour slowly over the cornflour, stirring all the time. Return to the fire and stir for about five minutes until cooked. If no fruit juice is available, boil some lemon rind with sugar and water, remove the rind, add lemon juice to taste, and continue as above.

Fruit Sago.

$\frac{1}{2}$ pint fruit juice or pulp.
Sugar.

1 oz. sago or seed
tapioca.

Bring the fruit juice or pulp to the boil and sweeten to taste. Add the sago or tapioca and cook in a double saucepan, stirring occasionally. In about 20 minutes the mixture will be clear and cooked. Place in a glass bowl or individual dishes. When cool decorate with fruit if desired and serve.

Semolina Whip.

Make as fruit sago, substituting semolina for sago. When cold, whip until frothy.

Orange Custard.

1 or 2 oranges.

1 oz. custard powder.

$\frac{1}{2}$ pint skimmed milk.

Sugar.

Peel the oranges and slice them crosswise. Cover them with sugar or glucose and allow to stand in a glass bowl. Make custard with skimmed milk and custard powder and sweeten to taste. Cool and pour over the orange and serve very cold, decorated with cherries and grated orange peel if desired.

Banana Custard.

Make as above, substituting sliced banana and jam for orange.

CAKE AND TOAST (Family Recipes)

Angel Cake.

Whites of 6 eggs.

3 oz. flour.

1 teaspoonful of cream of tartar.

$\frac{1}{2}$ teaspoonful salt.

4 oz. castor sugar.

1 teaspoonful vanilla.

Beat the egg whites until stiff. Sift the cream of tartar and the flour and add the sugar and salt. Fold into the egg whites. Add the vanilla. Bake 45 to 50 minutes in an ungreased tin in a moderate oven. When the cake begins to brown cover it with greaseproof paper.

Parkin.

2 oz. medium oatmeal.	$\frac{1}{2}$ teaspoon ground cinnamon.
2 oz. flour.	$\frac{1}{2}$ teaspoon bicarbonate of soda.
$\frac{1}{2}$ teaspoon ground ginger.	1 oz. sugar.
Skimmed milk.	$1\frac{1}{2}$ oz. black treacle and syrup.

Heat the syrup and treacle ; mix the dry ingredients, and add the melted syrup. Heat the milk and add sufficient to make a stiff consistency. Bake in a flat tin in a moderate oven.

Toast Melba.

Cut thin slices of bread. Place in a baking tin in a slow oven, removing directly they are crisp and a golden brown.

LOW FAT RECIPES SPECIALLY SUITABLE FOR PATIENTS SUFFERING FROM SPRUE

Individual Servings

Salisbury Steak.

Mince raw lean steak, removing any tough parts. Season and shape into a patty. Cook very lightly in a hot frying-pan without fat.

Skimmed Milk Jelly.

$\frac{1}{2}$ pint skimmed milk.	1 oz. glucose or lactose.
1 to $1\frac{1}{2}$ sheets gelatine.	Lemon rind, vanilla, or coffee
White of 1 egg.	essence.

Heat the skimmed milk till nearly boiling, adding glucose and lemon rind or coffee essence if desired. Remove from the fire and stir in the gelatine, previously cut into shreds, until dissolved. Strain, add beaten egg white, and leave to set in a mould. If vanilla is used instead of lemon rind or coffee essence, add it after straining. This mixture may be frozen to make vanilla or coffee ice.

Skimmed Milk Junket.

Fresh raw skimmed milk should be used. Make as ordinary junket, using glucose to sweeten, and vanilla or coffee to flavour.

Orange Jelly.

Juice of 1 large or 2 small oranges.	1 egg white.
Lemon rind.	1 to $1\frac{1}{2}$ sheets gelatine.
	Glucose to taste.

Boil 4 oz. water with 1 oz. glucose and a piece of lemon rind until the volume is reduced by about half. Remove from the fire and dissolve the gelatine in it, mix with the orange juice and strain. When cool add the egg white. Stir up thoroughly and leave to set. This jelly may be whipped just before setting to form a snow, or it may be frozen and served as orange ice.

Baked Banana.

Cut the skin of a banana lengthwise to prevent its bursting. Lay it in a fireproof dish or on a baking-tin. Bake in a moderate oven for 20 to 30 minutes until quite soft. Serve warm in skin.

Banana Whip.

1 large banana.

Glucose to taste.

White of 1 egg.

Sieve a banana, add strained lemon juice and glucose to taste. Colour with cochineal and fold in the beaten white of an egg. Serve in a glass dish and decorate with red-currant jelly.

Vanilla Whip.

Dissolve a tablespoonful of glucose in a glass of skimmed milk. Add vanilla to taste. Chill. Stir in a stiffly beaten-up egg white just before serving.

Custard (for Sprue in convalescent stage only).

Make boiled or baked egg custard in the ordinary way, using skimmed milk instead of whole milk. This dish is not suitable for ordinary low fat diets.

Marmite or Yeastrel Soup with Skimmed Milk.

Add Marmite or Yeastrel to hot skimmed milk, and season to taste.

Spinach Soup. See p. 269.

RECIPES FOR DIABETIC DIETS

For recipes of dishes with negligible food value, see p. 269.

SOUPS CONTAINING 5 g. C.

Clear Vegetable Soup. C., 5 g.

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|---|------------------|
| $\frac{1}{2}$ pint stock. | 1 stick celery. |
| 3 oz. cooked carrots and leeks. | Salt and pepper. |
| $1\frac{1}{2}$ oz. cooked turnips and onions. | |

Cook the stock with a stick of celery cut in small pieces for 15 minutes. Add the other vegetables, cut very fine or shredded, and cook until they are all tender. Season well and serve.

Carrot or Leek Soup. C. 5 g.

- | | |
|---------------------------------------|------------------|
| $\frac{1}{2}$ pint meat stock. | Salt and pepper. |
| 4 oz. sieved cooked carrots or leeks. | |

Add the carrots or leeks to the stock, heat, season to taste, and serve. Finely chopped parsley may be added if desired.

Cauliflower or Cucumber Milk Soup. C., 5 g.; P., 3.3 g.; F., 3.7 g.

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|-------------------------------------|--|
| A small cauliflower or
cucumber. | $3\frac{1}{2}$ oz. milk.
Salt and pepper. |
|-------------------------------------|--|

Prepare and partially cook a small cauliflower in water in the top part of a double saucepan. Add the milk and finish cooking over boiling water. Sieve the cauliflower, return it to the soup, reheat and season to taste. Sliced cucumber may be substituted for cauliflower if desired.

Celery or Mushroom Milk Soup. C., 5 g.; P., 3.3 g.; F., 3.7 g.

Make as described on p. 269, using whole milk instead of skimmed.

FISH AND MEAT

Fish in Casserole. C., 5 g.; P., 16 g.; F., 10 g.

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|---|------------------|
| $2\frac{1}{2}$ oz. filleted sole, plaice, or dab. | Seasoning. |
| $3\frac{1}{2}$ oz. milk. | Slice lemon. |
| $\frac{1}{4}$ oz. butter or margarine. | Chopped parsley. |

Wipe the fish and sprinkle with pepper and salt. Place in a small greased casserole and cover with the milk and dabs of the butter. Cook in a moderate oven 20 to 30 minutes. If a casserole is not available the fish can be cooked between two plates over a saucepan of boiling water. Garnish with lemon and chopped parsley, and serve immediately.

Cold Fish Soufflé. C., 1.4 g.; P., 29 g.; F., 3 g.

4 oz. cooked fish.	1 oz. milk (or whipped cream,
1 anchovy.	making the recipe: C., 0.7 g.;
Half hard-boiled egg.	P., 28.5 g.; F., 15.6 g.).
1 oz. fish stock.	1 sheet gelatine.
	Asparagus if desired.

Flake the fish and sieve with the anchovy and hard-boiled egg. Dissolve the gelatine in the fish stock. Season with salt, pepper, cayenne, and lemon. Add the milk or cream. Pour into a small soufflé case and leave to set. Serve in the case, or turn out and garnish with green salad and aspic. If preferred the mould may be lined with cooked, fresh or tinned asparagus, and the fish poured into this. When turned out, this will make a fish Charlotte Russe.

Sweetbreads in Casserole.

Sweetbread or brains may be cooked and served in the same way as fish in casserole (p. 283), $\frac{1}{4}$ oz. onion being added if desired and $\frac{1}{2}$ oz. less milk used (3 oz. only). Tripe cut in small pieces may also be used. It must be stewed for 2 hours.

Yorkshire Pudding. (*Family recipe, making six 2-oz. portions, each containing C., 10 g.; P., 4.5 g.; F., 6 g., which can be substituted for 2 oz. potatoes or $\frac{3}{4}$ oz. bread.*)

$\frac{1}{2}$ pint milk.	2 eggs.
2 oz. flour.	Seasoning.

Weigh the flour and put it with the seasoning into a basin. Break in the eggs, stir, and add part of the milk gradually, stirring to a smooth batter. Beat well for 10 minutes. Add rest of milk. Bake in a greased tin in a hot oven.

PUDDINGS CONTAINING 5 g. C.

Baked Custard. C., 5 g.; P., 7 g.; F., 6 g.

Half an egg.	$\frac{1}{4}$ grain saccharine.
$3\frac{1}{2}$ oz. milk.	

It is usually more convenient to use a whole egg and make two custards.

Beat the egg well, mix with the milk. Sweeten with crushed saccharine. Divide the mixture into halves with a measuring glass. Bake them separately in two small pie-dishes standing in a pan of water. The oven should be cool, and the custards will take about an hour to set.

Boiled Custard. C., 5 g.; P., 6 g.; F., 7 g.

Half an egg.

$\frac{1}{2}$ grain saccharine.

$3\frac{1}{2}$ oz. milk.

It is easiest to make double quantity, weigh the custard and halve it.

Heat the milk in a double saucepan or in a jug in a saucepan of boiling water. Dissolve the saccharine in it. Beat up an egg. Pour the hot milk over it and stir. Return to the saucepan or jug. Stir constantly for two to three minutes until the custard forms a straight line across a metal spoon. Remove immediately from the boiling water. Flavour with vanilla or almond essence. Serve very cold.

Vanilla Ice Cream.

Make as boiled custard and freeze. It is best to use 14 oz. milk and two eggs, so as to fill a small freezer, then weigh out four portions each weighing $4\frac{1}{2}$ oz. as required.

Floating Island. C., 5 g.; P., 9 g.; F., 10 g.

1 egg.

$\frac{1}{2}$ grain saccharine.

$3\frac{1}{2}$ oz. milk.

Vanilla.

Separate the white from the yolk of the egg. Heat the milk and pour over the beaten yolk and crushed saccharine. Return to double saucepan and stir until the custard thickens. Flavour with vanilla and pour into a fireproof dish. Whip up the white stiffly and pile in the centre of the custard. If desired, brown quickly in a hot oven and remove immediately. Serve hot or cold.

Honeycomb Mould. C., 5 g.; P., 5 g.; F., 4 g.

$3\frac{1}{2}$ oz. milk.

$\frac{1}{2}$ grain saccharine.

$1\frac{1}{2}$ sheets gelatine.

Lemon juice.

Dissolve the gelatine in the warm milk. Add saccharine and strain. Squeeze in a little lemon juice, sufficient to make the milk separate, pour into a wet mould and allow to set. Turn out and serve. A beaten egg white may be folded into the mixture when cool if desired.

Milk Jelly. C., 5 g.; P., 5 g.; F., 4 g.

$3\frac{1}{2}$ oz. milk.

$\frac{1}{2}$ grain saccharine.

$\frac{1}{4}$ to 1 sheet gelatine.

Flavouring.

Bring the milk to the boil. Sweeten with half a saccharine tablet crushed up. When off the fire add the gelatine. Stir till this is dissolved, strain, and leave to set in a cup or mould. Turn out after placing mould in hot water for a moment or two. This jelly may be flavoured by cooking orange or lemon rind in the milk; or with vanilla, almond essence, or strong coffee added after straining.

Junket. C., 5 g.; P., 3.3 g.; F., 4 g.

3½ oz. milk.

½ teaspoonful rennet.

Saccharine.

Flavouring.

Warm the milk to blood temperature. Sweeten with saccharine. Flavour with vanilla or other essence to taste and place in a glass dish. Stir in the rennet and leave to stand in a warm place.

Orange Jelly. C., 5 g.; P., 2 g.; F., 0 g.

2 oz. strained orange juice.

1 to 1½ sheets gelatine.

Lemon rind.

½ grain saccharine.

Boil 4 oz. water with a piece of lemon rind until the volume is reduced to 2 oz. Add half a saccharine tablet and dissolve the gelatine in the liquid. Add the orange juice. Leave to set in a mould. Turn out and serve. Lemon juice may be added to the orange juice if desired, more saccharine being used if necessary. One and a half to two sheets of gelatine will be required to set this jelly.

Fruit Jelly. C., 5 g.; P., 2 g.; F., 0 g.

Juice of 1 lemon.

Portion of raw fruit containing
5 g. C.

1½ sheets gelatine.

Lemon rind.

Boil ½ pint water with lemon rind to flavour. Add the juice of a lemon and saccharine to taste. Dissolve one and a half sheets gelatine in the liquid. Slice 1 oz. banana and grapes or other fruit containing 5 g. C. into a mould, and pour the jelly on to them when nearly cold. Turn out and serve.

Fruit Whlp. C., 5 g.; P., 3 g.; F., 0 g.

Portion of raw or unsweetened stewed
fruit containing 5 g. C. (without
juice).

Lemon juice.

Saccharine

White of one egg.

Sieve the fruit and weigh out an amount containing 5 g. C. Sweeten with saccharine and add lemon juice if desired. Just before serving fold in the stiffly beaten white of an egg. Fresh strawberries (2½ oz.) or raspberries (3 oz.) may be crushed and mixed with egg white as above. Saccharine should not be used with strawberries as the combination produces a very unpleasant taste.

Orange Salad. C., 5 g. (to serve with roast duck).

Slice orange crosswise. Weigh 2 oz. Serve on lettuce and decorate with a few unsweetened cooked cranberries if desired. A little lemon or vinegar, liquid paraffin and saccharine may be poured over. If fat is not limited a little oil may be mixed with the vinegar instead of liquid paraffin.

PUDDINGS CONTAINING 15 g. C.

Apple Charlotte. C., 15 g.; P., 1.4 g.; F., 0.2 g.

$\frac{3}{4}$ oz. bread-crumbs. 4 oz. stewed apple.

Grease a small pie-dish. Line it with half the crumbs. Fill with stewed apple, cover with crumbs, and bake for about 10 minutes in a hot oven. A little butter may be put over the top if allowed in the diet.

Baked Apple. C., 15 g.; P., 0.6 g.; F., 0 g.

Weigh out 6 oz. raw apple. Remove core, insert a clove, and slit the skin right round the apple. Stand in a tin in a little water and bake till tender.

Banana Jelly. C., 15 g.; P., 2.6 g.; F., 0 g.

3 oz. lemon jelly. 3 oz. banana.

Make lemon jelly as for fruit jelly (p. 286), using 3 oz. liquid only. Sieve 3 oz. banana, mix with the jelly, colour carefully with cochineal. Mould and turn out when set.

Fruit Jelly. C., 15 g.; P., 3 g.; F., 0 g.

3 oz. lemon jelly. 1 oz. banana.

1 oz. grapes. 2 oz. orange.

Use 3 oz. lemon jelly as for fruit jelly (p. 286). Peel and stone grapes, slice banana, and cut up orange or $2\frac{1}{4}$ oz. fresh peach or other fruit to make a total containing 15 g. C. Put these in a mould or glass dish. Pour a little of the jelly over them and the rest when this has set. Turn out if desired. A few cooked cranberries sweetened with saccharine may be used to decorate the jelly.

Fruit Salad. C., 15 g.; P., 1 g.; F., 0 g.

The above fruit mixture may be served as fruit salad, a little lemon juice and saccharine being added if necessary.

Queen of Puddings. C., 15 g.; P., 10.5 g.; F., 10 g.

$3\frac{1}{4}$ oz. milk. 1 egg.

$\frac{3}{4}$ oz. bread-crumbs. $\frac{1}{2}$ grain saccharine.

Sugarless marmalade if desired.

Beat the yolk of egg with the milk and pour over the bread-crumbs and allow to stand 20 to 30 minutes if possible. Grated orange or lemon rind may be mixed with the crumbs if desired. Add saccharine and bake in a moderate oven till set. Spread with sugarless marmalade if available, and pile the stiffly beaten egg white on the top. Brown in the oven and serve hot or cold.

Rice or Tapioca Pudding. C., 15 g.; P., 5.0 g.; F., 5.5 g.

$\frac{1}{2}$ oz. rice, tapioca or similar $\frac{1}{2}$ grain saccharine.

cereal.

Nutmeg if desired.

$\frac{1}{4}$ pint milk.

Weigh and wash the rice or tapioca. Add the crushed saccharine and the milk and bake in a moderate oven, stirring in the first two skins.

Creamed Rice or Tapioca. C., 15 g.; P., 5.0 g.; F., 5.5 g.

$\frac{1}{2}$ oz. rice, tapioca or similar cereal. $\frac{1}{2}$ grain saccharine.
Nutmeg if desired.
 $\frac{1}{2}$ pint milk.

Bring the milk to the boil in a double saucepan. Add the cereal and cook till tender. Serve hot or cold. Lemon rind cooked with the rice, or vanilla essence added when cool will improve the flavour.

Bread-and-Butter Pudding. C., 15 g.; P., 7.5 g.; F., 7.5 g.

$\frac{3}{4}$ oz. bread. Half an egg.
 $3\frac{1}{2}$ oz. milk. $\frac{1}{2}$ grain saccharine.

Beat up the milk with the egg. Add saccharine. Weigh out the bread. Butter it if fat is not strictly restricted. Cut in squares and place in a small pie-dish. Pour custard over them. Allow to stand for about quarter of an hour. Place in a pan of water and bake in a slow oven until firm.

MISCELLANEOUS

Sugarless Marmalade. (From "*The Diabetic Life*," R. D. Lawrence.)

$1\frac{1}{2}$ lemons. 7 oz. water.
Peel of 1 large orange. $\frac{1}{2}$ oz. gelatine.
5 grains saccharine.

Wash the fruit, finely shave the skin, avoiding pith, and chop. Add the juice and pulp of the lemons. Put into a saucepan and cover with the water. Bring to boiling-point and simmer for 2 hours, adding more water if necessary. Cut the gelatine into fine strips and add it with the saccharine to the mixture. Stir for 10 minutes. Put into a jar and leave to set.

This marmalade is of negligible food value if taken in moderation. It will only keep for a few days.

Bran Biscuits.

$2\frac{1}{2}$ cupfuls of washed and dried bran. 2 tablespoonfuls liquid paraffin.
2 heaped tablespoonfuls India gum. 2 grains saccharine.
 $\frac{1}{2}$ teaspoonful salt.
Boiling water or hot coffee.

Mix dry ingredients thoroughly. Add oil and sufficient hot water or coffee to make a mixture that will mould easily. Grease flat tins with liquid paraffin and spread with mixture $\frac{1}{2}$ inch deep. Mark into squares and bake in a slow oven till dry.

Note on the preparation of washed bran.

Tie about $\frac{1}{2}$ lb. bran from the corn-chandler's in butter muslin so that it is packed very loosely. Put into a saucepan in a large volume of water and bring to the boil. Cool in cold water, then squeeze out as much water as possible. Boil 2 or 3 more times in fresh water until a sample of the bran shows no blue colour when a few drops of iodine are added.

RESTRICTED PROTEIN RECIPES EQUIVALENT TO ONE EGG (6 TO 7 G. PROTEIN)

Individual Servings

Fish and Potato Cake.

Flake $1\frac{1}{2}$ oz. fish, mix well with about 2 oz. mashed cooked potatoes and $\frac{1}{2}$ oz. melted butter or margarine. Form into a cake, coat with breadcrumbs or flour and water mixed to a coating consistency. Fry in shallow fat.

Roes on Toast.

1 oz. herring roe. Fry and serve on hot buttered toast.

Salmon Salad.

Flake 1 oz. of salmon (fresh or tinned) and mix with salad dressing (see below). Serve on lettuce leaves. Decorate with cucumber and tomato to taste.

Kedgerree.

Mix $1\frac{1}{2}$ oz. flaked fish with two tablespoonfuls of cooked rice and sauce made from $\frac{1}{2}$ oz. melted butter or margarine, $\frac{1}{2}$ oz. flour and fish stock or water. Heat gently, stirring all the time. Season to taste, and serve very hot.

Fish Salad.

Mix $1\frac{1}{2}$ oz. flaked fish with one tablespoonful of cooked rice, chopped celery, tomatoes, or capers and salad dressing (see below). Turn into small basin and place a saucer with a weight on top of it. Turn out on to a bed of lettuce or other salad.

Salad Dressing with Negligible Protein Content.

Mix half a tablespoonful of cornflour with a little water. Add sugar, pepper, mustard, and salt (if allowed) to taste. Boil with $\frac{1}{2}$ pint of water, add $\frac{1}{2}$ oz. margarine or butter, or one teaspoonful of salad oil, and vinegar to flavour. Use when cold.

Minced Chleken (or Rabbit) on Toast.

Mince 1 oz. chicken or rabbit, moisten with gravy and serve on hot buttered toast.

Baked Egg and Tomato.

Butter a small fireproof dish. Cover the bottom with sliced tomato, and bake for five minutes. Break an egg carefully on to the tomato and bake. Cream may be poured on the egg a few minutes before serving if desired.

Scotch Egg.

Cover a hard-boiled egg with cooked potato, mashed and seasoned. Coat with bread-crumbs and fry a golden brown in deep fat.

Scrambled Egg or Cheese and Tomatoes.

Melt $\frac{1}{2}$ oz. butter or margarine in a saucepan. Slice a large tomato and cook with the butter for a few minutes. Add a well-beaten egg and stir until cooked. 1 oz. grated cheese may be used instead of the egg.

Risotto with Chicken.

Melt $\frac{1}{2}$ oz. butter or margarine in a small saucepan. Put into this one tablespoonful of raw rice and a little onion and fry a golden brown. Add about $\frac{1}{2}$ pint of water, vegetable stock, or Marmite or Yeastrel, and cook gently until the rice is soft, adding water if necessary. A large tomato or some slices of green pepper may be added when the rice is nearly cooked if desired. Cut 1 oz. of cooked chicken in dice and mix with the rice, season with salt (if allowed) and pepper, and serve very hot.

Risotto with Cheese.

Cook rice as in preceding recipe, adding the tomato. Grate 1 oz. of cheese, preferably Parmesan, cook with the risotto a few minutes before serving, or serve the risotto plain, scattering the grated cheese over it at the last minute.

Macaroni Cheese with Tomatoes.

Cook about six sticks of macaroni (or eight or nine of spaghetti) in boiling salted water. Make tomato sauce by cooking two tomatoes in $\frac{1}{2}$ pint water. Sieve them and thicken the resulting pulp with cornflour or fat and flour. Tomato purée may be used instead. Mix the macaroni with the tomato sauce, and place in a fireproof dish. Grate 1 oz. cheese on to this and brown in a hot oven or under the grill. Serve immediately. If preferred the grated cheese can be mixed and cooked with the macaroni and tomato for a few minutes.

Scalloped Tomatoes with Cheese.

Grease a small fireproof dish and fill it with alternate layers of breadcrumbs and tomatoes. Put small pieces of butter or margarine on top, and bake in a quick oven. Grate 1 oz. cheese over the tomatoes and brown just before serving.

Cream Cheese and Tomato Savoury (containing 3 g. protein. Approx. $\frac{1}{2}$ portion).

Mix 3 oz. cream cheese with sufficient tomato juice to flavour. Mould into a ball. Serve on lettuce leaves or with biscuits.

PUDDINGS WITH NEGLIGIBLE PROTEIN CONTENT

Butterscotch Sago.

2 oz. sugar.	$\frac{1}{2}$ oz. sago.
1 oz. butter or margarine.	$\frac{1}{4}$ pint water.
Lemon juice.	

Melt together butter or margarine and sugar in a double saucepan. Add water and sago when the mixture is hot. Cook till soft, stirring occasionally. Add lemon juice to taste when cool.

Semolina Whip, p. 280.

Fruit Mould, p. 280.

Fruit Sago, p. 280.

LOW PURINE RECIPES**Creamed Egg.**

- | | |
|--------------------------|--------------------|
| 1 egg. | Cheese if desired. |
| 2 oz. thick white sauce. | Salt and pepper. |

Boil the egg hard, chop or slice it. Heat the white sauce. Add grated cheese to taste if desired. Stir in the hard boiled egg, season to taste, and serve on hot buttered toast.

Welsh Rarebit.

- | | |
|---------------------------------------|------------------|
| $\frac{1}{2}$ pint thick white sauce. | Butter. |
| 2 oz. grated cheese. | Salt and pepper. |
| 2 slices toast. | |

Melt the grated cheese in the white sauce. Season to taste. Serve very hot on buttered toast.

Cheese Balls.

- | | |
|-------------------|--------------------------------|
| 6 large potatoes. | Blocks of cheese spread with a |
| 1 egg. | little mustard. |
| 1 oz. margarine. | Egg and bread-crumbs. |
| | Seasoning. |

Boil or steam the potatoes and pass through a sieve into a basin with the margarine. Add egg and seasoning and mix. Wrap thickly round the cheese, coat with egg and bread-crumbs, fry in deep fat, drain, garnish, and serve hot.

The following low protein recipes (p. 290) are suitable for use with low purine diets. Cheese and eggs may be used freely, and not restricted as in the low protein recipes.

Scotch Egg.**Cream Cheese and Tomato Savoury.****Risotto with Cheese.****Macaroni Cheese with Tomatoes.****Scalloped Tomatoes with Cheese.**

Puddings, except those made with coffee, are suitable for low purine diets.

RECIPES FOR LOW SALT DIETS

Synthetic Milk with Low Sodium Chloride Content.

Stock Solution A.

Potassium hydroxide, 5.6 per cent.

Stock Solution B.

Potassium dihydrogen phosphate KH_2PO_4	6.1 g.	} made up to 1,000 c.c.
Calcium lactate	12.4 g.	
Magnesium sulphate $\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$	4.0 g.	
Ferrous sulphate $\text{FeSO}_4 \cdot 7\text{H}_2\text{O}$	0.2 g.	
Ashless casein (Glaxo laboratories).		
Lactose.		
Cream (50 per cent.).		

To prepare half a litre of milk (18 oz.) take 20 g. of ashless casein, add 430 c.c. of water and 13 c.c. of potassium hydroxide (stock solution A). Heat to boiling point with constant stirring. Add 50 c.c. of stock solution B and boil again. Allow to cool, add 25 g. of lactose and 2 oz. (56 g.) of cream and stir vigorously.

If the prescribed conditions are adhered to closely a smooth and homogeneous preparation will be obtained. An aluminium saucepan should not be used in the preparation of the milk.

Cream Cheese.

If fresh cream is used it should be left to stand in a warm place for two days to ripen. Then hang it in a muslin bag for several days, scraping the moisture from the outside of the bag occasionally. After two days it is advisable to cut the cheese in half and reverse the halves in the muslin in order to squeeze out as much buttermilk as possible.

Low-Salt Casein Bread.

22½ oz. flour.	½ oz. yeast.
5½ oz. ashless casein.	¾ pint water.

Mix the casein and flour in a warm basin. Mix the yeast with the water (lukewarm) and pour into a well made in the flour and casein mixture. Sprinkle a little of the flour over the top of the liquid, cover basin and leave to stand in a warm place for 25 minutes. Mix and knead well on a warm board. Put back into basin, cover with cloth, and leave in a warm place for two hours. Divide the dough into loaves, put into tins previously greased, floured, and warmed. Leave in a warm place for 45 minutes. Then bake in a hot oven for about 25 to 30 minutes.

Note.—Bread may be made in the usual way without the addition of salt if extra protein is not required.

Mince and Tomato Pie.

- | | |
|--|--|
| $\frac{1}{2}$ lb. minced raw mutton,
steak or veal. | 2 oz. salt-free butter. |
| 2 oz. chopped onions. | Pepper to taste. |
| 8 oz. tomatoes. | 1 tablespoon bread-crumbs
(low-salt). |

Wash the meat very thoroughly in a fine sieve in running cold water. Then boil, changing the water twice, and drain. Fry the onion in 1 oz. of butter (salt-free). Butter a deep fireproof glass dish and put into it a layer of tomato, a sprinkling of onion and a layer of meat. Continue until all is used up. Bake for one hour. Then sprinkle with bread-crumbs, add the remains of the butter, and bake till brown.

Stuffed Vegetable Marrow.

- | | |
|--|--|
| $\frac{1}{2}$ lb. raw minced mutton, steak, or veal. | 1 oz. boiled rice. |
| 4 oz. vegetable marrow. | 1 $\frac{1}{2}$ oz. bread-crumbs (low-salt). |
| 2 oz. grated onion. | 1 $\frac{1}{2}$ oz. butter (salt-free). |

Prepare the meat as described under "Mince and Tomato Pie." Cut both ends of the marrow, remove the seeds, and scoop out ready for stuffing. Boil the rice and drain well. Mix meat, rice, and grated onion. Add pepper, and stuff the marrow with the mixture. Sprinkle with bread-crumbs and dabs of butter and bake for half an hour.

Mince and Chestnut Rissoles.

- | | |
|--|--------------------------------|
| $\frac{1}{2}$ lb. raw minced meat. | 1 oz. flour. |
| 2 oz. sieved chestnuts or
chestnut flour. | 1 oz. low-salt milk. |
| 1 lb. vegetable marrow. | 1 oz. bread-crumbs (low-salt). |

Prepare mince as described under "Mince and Tomato Pie." Boil, peel, and sieve the chestnuts. Make mince and chestnuts into rissoles with the bread-crumbs and fry in butter. Peel marrow, remove seeds, cut into half rounds and parboil. Dip in batter made with milk and flour and fry in salt-free butter. Serve round the rissoles.

Chutney.

- | | |
|-------------------------------------|---------------------------------------|
| 1 pint white wine vinegar. | $\frac{1}{2}$ teaspoon pepper. |
| 1 $\frac{1}{2}$ lb. cooking apples. | $\frac{1}{2}$ teaspoon mustard. |
| 1 lb. onions. | $\frac{1}{2}$ teaspoon ground ginger. |
| $\frac{1}{2}$ lb. seedless raisins. | 1 teaspoon allspice. |
| 1 lb. Demerara sugar. | |

Peel and cut up apples and boil in the vinegar till soft. Then add sugar, onions (cut into small pieces), raisins and spices, and boil for a further half-hour with frequent stirring. Pour into jars and tie down when cold.

Curry Powder.

- | | |
|------------------------|---------------------------|
| 2 drachms turmeric. | 2 drachms coriander seed. |
| 4 chillies. | 2 grains cumin. |
| 2 grains mustard seed. | 2 drachms poppy seed. |

Pound in a mortar. Use as ordinary curry powder with washed minced meat.

Serve with boiled rice.

Shortbread.

- | | |
|--------------------|-------------------------|
| 4 oz. flour. | 4 oz. salt-free butter. |
| 2 oz. ground rice. | 2 oz. castor sugar. |

Mix flour and sugar on a board, and work this into the butter. (Add no liquid.) Roll out till about $\frac{1}{4}$ inch thick, mark with a knife, and place in very lightly greased tin. Prick all over with a fork. Bake in moderate oven 40 to 50 minutes.

Toffee.

- | | |
|-------------------------------------|-----------------------------------|
| $\frac{1}{2}$ lb. granulated sugar. | 1 teaspoonful white wine vinegar. |
| 1 oz. salt-free butter. | 2 tablespoonsful golden syrup. |

Place all the ingredients in a saucepan with a tablespoonful of water. Heat gently and stir occasionally till the contents are melted. Boil rapidly for 10 minutes, or until a small portion, dropped into cold water, becomes brittle. Pour into buttered tins or dishes and mark into squares while still warm.

Fondant (also suitable for low calcium diet).

- | | |
|--|------------------------------|
| 12 to 14 oz. sugar. | Peppermint or lemon essence. |
| 5 oz. hot water (distilled for low Ca diet). | |

Dissolve the sugar in the water and boil until a small portion, dropped into cold water, forms a soft ball. Cool, add flavouring and heat until smooth and of the usual fondant consistency. Spread in a tin and cut into shapes.

LOW POTASSIUM RECIPES

Note on Low Potassium Diets.

Foods which contain appreciable amounts of potassium should be cut up finely and cooked in plenty of salted water so that the potassium may dissolve into it and be thrown away. Meat cut finely for stewing will retain its flavour better if it is tied in a square of parchment paper and cooked in plenty of water. The water must be thrown away, but gravy (see below) should be served with the meat. Suitable parchment paper can be obtained from the British Vegetable Parchment Mills, Gravesend, Kent.

Salt (NaCl) should be used wherever possible in dishes for patients suffering from Addison's Disease.

Mustard, curry powder, ginger, and meat and yeast extracts contain appreciable amounts of potassium, and should not be used unless their value is reckoned in the diet.

White sugar should always be used in preference to brown.

SOUP AND SAVOURY DISHES

Tripe and Onions. 0.05 g. Potassium.

3 oz. tripe.	$\frac{1}{2}$ oz. margarine.
$1\frac{1}{2}$ oz. onions (boiled).	$\frac{1}{2}$ pint water.
$\frac{1}{2}$ oz. cornflour.	Salt to taste.

Cut the tripe in neat pieces, cut up the onions and place them in a saucepan with water and salt. Stew for about two hours until tender. Melt the margarine, stir in the cornflour to make a smooth paste, add liquor from the tripe, stir and cook for a few minutes, pour this over the tripe and stew for another 5 minutes.

Onion Soup. 0.05 g. Potassium.

2 oz. onions.	$\frac{1}{2}$ pint water.
$\frac{1}{2}$ oz. cornflour.	Salt to taste.
$\frac{1}{2}$ oz. margarine.	

Slice the onions and fry them lightly in the margarine. Add the cornflour, stirring well, and then the water and salt. Cook gently for about half an hour until the onions are tender.

Low Potassium Gravy. Negligible Potassium Content.

$\frac{1}{2}$ oz. cornflour.	Browning.
$\frac{1}{2}$ oz. margarine or clarified fat.	Salt.
$\frac{1}{2}$ pint water.	Pepper if desired.

Melt the fat, mix in the cornflour to a smooth paste, add the water, stirring all the time. Cook a few minutes, then add seasoning and browning.

Cream Cheese Salad. 0.05 g. Potassium.

1½ oz. cream cheese. ½ oz. lettuce.
Salt and pepper.

Season the cream cheese with salt and pepper. Form into balls and serve on the lettuce.

Cream Cheese and Onion or Olive Salad. 0.05 g. Potassium.

1½ oz. cream cheese. ½ oz. lettuce.
½ oz. raw onion or ½ oz. olives Salt and pepper.
(without stones).

Chop the onion or olive finely, mix with the cream cheese, and season with salt and pepper. Form into balls and serve on the lettuce or with ½ oz. unsweetened biscuits.

PUDDINGS

Custard. 0.025 g. Potassium.

½ oz. custard powder. 7 oz. water.
¾ oz. cream. Sugar to taste.

Mix the custard powder with a little of the water to a smooth paste. Bring the remainder to the boil. Add this to the custard powder, and sugar to taste. Stir and cook a few minutes until the mixture has thickened and tastes cooked. Add the cream when cool. Stir well and serve.

Creamed Rice. 0.05 g. Potassium.

¾ oz. rice. Sugar.
1 oz. cream. Water.

Wash the rice and cook it in about 7 oz. water with sugar in a double saucepan or in the oven. When no longer boiling stir in the cream. Vanilla or almond essence may also be added if desired. This pudding can be served hot or cold.

Rice and Pear. 0.05 g. Potassium.

1 oz. raw pear ¾ oz. cream.
or Sugar to taste.
1½ oz. stewed pear. Glacé cherry.
½ oz. rice.

Cook the rice in sugar and water. Stir in the cream when cool, and place in a small dish. Slice the pear and place it on the rice. Decorate with a glacé cherry.

The pear can be coated with caramel (see recipe p. 298) if desired

Pear Caramel. 0.05 g. Potassium.

2½ oz. stewed pear. Sugar for caramel.

Coat the pear with caramel (see recipe p. 298).

Caramel. Contains no Potassium.

Put sugar in a strong saucepan or frying-pan and allow it to liquefy over a medium heat, stirring all the time. Remove immediately it becomes light brown, and pour over the fruit to be coated, or add water and continue boiling for a few minutes. The liquid caramel may be turned into sauce by thickening it with 1 oz. cornflour to a pint of caramel.

Some cooks prefer to cook the sugar water with and to stir the mixture only after this has evaporated.

Apple Tapioca. 0.05 g. Potassium.

1½ oz. apple.	½ pint water.
½ oz. lemon juice.	½ oz. tapioca or sago.
Sugar and lemon rind to taste.	

Cut the apple in slices. Stew in water with the tapioca or sago, sugar and lemon rind until the tapioca is clear. Add the lemon juice and serve cold. Decorate with a glacé cherry if desired.

The apple may be omitted and ½ oz. lemon juice used instead of ½ oz. to make lemon tapioca.

Gooseberry Fool. 0.05 g. Potassium.

1 oz. sieved and sweetened	½ oz. cream.
stewed gooseberries.	7 oz. water.
½ oz. cornflour.	

Mix the cornflour to a smooth paste with a little water. Heat the rest, add the cornflour and stir a few minutes until cooked. Stir in the sieved gooseberries, add the cream, and more sugar if necessary. Serve very cold.

Plain Jelly. 0.015 g. Potassium.

7 oz. plain jelly, preferably not made with fresh fruit, prepared in the ordinary way from packet jelly, contains approximately 0.015 g. Potassium.

Rice and Jelly. 0.025 g. Potassium.

½ oz. rice.	2 oz. jelly.
½ oz. cream.	Sugar.

Cook the rice with a little sugar in water. Drain it and mix it with the cream. Place in a wetted mould. Pour over 2 oz. of made jelly (preferably not made from fresh fruit). Stir and allow to set. Turn out and serve.

Butterscotch Mould with Biscuits. 0.035 g. Potassium.

- | | |
|------------------------------|-----------------------------------|
| $\frac{1}{2}$ oz. cornflour. | $\frac{1}{2}$ oz. lemon juice. |
| $\frac{1}{2}$ oz. margarine. | $\frac{1}{2}$ pint water. |
| 1 oz. sugar. | $\frac{1}{2}$ oz. sweet biscuits. |

Melt the margarine and the sugar together. Blend the cornflour with a little of the water, bring the rest to the boil with the margarine and sugar. Add the cornflour and cook for a few minutes after the mixture has thickened. Add the lemon juice when cooling. Mould and serve with $\frac{1}{2}$ oz. sweet biscuits.

Strawberry Whip. 0.016 g. Potassium.

- | | |
|--|---------------------------|
| $\frac{1}{2}$ oz. cornflour. | $\frac{1}{2}$ oz. sugar. |
| 1 $\frac{1}{2}$ oz. packet jelly (strawberry flavour). | $\frac{1}{2}$ pint water. |
| | Strawberry essence. |

Mix the cornflour with a little of the cold water. Put the rest into a saucepan with the jelly and sugar, and when melted, add the cornflour. Stir well, and allow to boil for 1 minute. Turn into a basin, add a few drops of strawberry essence, and when cold but still liquid whip until frothy. Serve in a glass dish and decorate with a glacé cherry if desired. The cornflour and strawberry essence can be omitted, when the jelly will contain only 0.005 g. potassium.

Snow Cake. 1 oz. contains 0.019 g. Potassium.

- | | |
|------------------|--|
| 4 oz. cornflour. | 2 egg whites. |
| 2 oz. margarine. | $\frac{1}{2}$ teaspoon baking powder. |
| 2 oz. sugar. | $\frac{1}{2}$ teaspoon vanilla, almond or lemon essence. |

Sift the cornflour, and cream the fat and sugar very thoroughly. Beat the egg whites until stiff and add them to the creamed mixture, alternately with the cornflour. Beat very well, add the flavouring essence, and lastly the baking powder. Turn into a tin, previously greased and lined with greased paper. Bake 40 to 45 minutes in a moderate oven.

Jellied Apples. 0.05 g. Potassium.

- | | |
|------------------------------|-----------------|
| 3 oz. stewed apples. | Sugar to taste. |
| $\frac{1}{2}$ oz. cornflour. | Lemon rind. |
| | Water. |

Peel and core two medium sized apples. Stew them gently in $\frac{1}{2}$ pint water, with sugar and lemon rind, keeping them whole. Drain, weigh out 3 oz. and place in a glass dish. Mix the cornflour with a little water to a smooth paste. Boil $\frac{1}{2}$ pint water with sugar and lemon rind for about 10 minutes. Add the cornflour after removing the lemon rind, boil for a few minutes, colour with cochineal if desired, and pour over the apple.

CHAPTER XIII

TABLES

TABLE	PAGE
I. The Chemical Composition of Foods	301
II. Vitamin D Content of Foods	326
III. "Ready Reckoner" for the Calculation of Carbo- hydrate, Protein and Fat in Common Foods, and their Calorific Value	327
IV. Protein and Fat Foods	333
V. 5-Gram Carbohydrate Portions of Foods	334
VI. 5-Gram Measures of Carbohydrate Foods	337
VII. 1 to 15-Gram C. Portions of Fruits and Vegetables	338
VIII. Composition of Alcoholic Beverages	340
IX. Purines in Foods	342
X. Roughage in Foods	343
XI. Oxalic Acid in Foods	344
XII. Portions of Food containing 0.05 g. of Potassium	345
XIII. Available (Inorganic) Iron in Foods	348
XIV. Atomic Weights of Elements, and Acid Base Values of Foods	350
XV. Vitamin Standards and Units	352
XVI. Functions and Properties of Vitamins	354
Fig. 1. Boothby and Sandiford's Nomograph	356
XVII. Basal Metabolism of Children and Adults	357
XVIII. Variation of Basal Metabolism with Different Diseases	358
XIX. Estimated Average Daily Requirements of Calories, Protein and Mineral Salts	358
XX. Energy Expenditure per Hour under Different Conditions of Muscular Activity	359
XXI. Summary of Chief Digestive Enzymes	360
XXII. Carbohydrate Arrangement with Different Kinds of Insulin	361
XXIII. Weights and Measures	362
XXIV. Mean Heights and Weights of Adults	364
XXV. Mean Heights and Weights of Children	365
XXVI. Normal Blood and Urine Findings and their Altera- tion in Diseases which may be Treated by Diet	366
XXVII. Abnormal Excretions	368

TABLE I

THE CHEMICAL COMPOSITION OF FOODS

All figures have been derived from the following sources :

McCance and Shipp, 1933. *The Chemistry of Flesh Foods and their Losses in Cooking.*

McCance, Widdowson and Shackleton, 1936. *The Nutritive Value of Fruits, Vegetables and Nuts.*

McCance and Widdowson, 1940. *The Chemical Composition of Foods.*

Flxsen and Roseoe, 1938. *Tables of the Vitamin Content of Human and Animal Foods.*

Flxsen, 1938. *The Vitamin Content of Human Foods as affected by Processes of Cooking and Canning.*

The figures show the composition of 1 oz. (28.4 grams) of the edible portion, except where otherwise stated.

Vegetables are cooked *without* added salt or soda. Fruit is stewed *without* sugar. Fried fish is coated with batter and crumbs, flour or oatmeal before cooking.

Where the food is known to have had salt added during preparation, the figures for sodium and chlorine are given in brackets.

The composition of a number of cooked dishes, cakes, puddings, etc., is included. These are marked *, and the recipes used in their preparation and the method of cooking are given on pp. 250-263. They are prepared with sugar, salt or baking powder in the usual way.

The column headed "Vitamin A," includes Vitamin A and carotene. The conversion factor 1.6 has been used for converting micrograms of carotene to International units of Vitamin A.

Vitamin B₂ is the riboflavine or lactoflavine part of the Vitamin B complex.

Vitamin C is synonymous with ascorbic acid.

The values obtained by different workers for the vitamin content of foods sometimes vary enormously. Where the highest figure is not more than twice the lowest the results have been averaged and a single figure given. Where the variation is greater than this the range is shown.

Where vitamin determinations have been made on the raw food, but the rest of the analysis applies to the food after cooking, the vitamin values are marked (R).

Tr.=trace (of no quantitative dietetic significance).

— = not estimated. The constituent may or may not be

3(R)

—

THE CHEMICAL COMPOSITION OF FOODS

Grams per oz.

Milligrams per oz.

No.	Food	Car- bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
1	All-Bran, Kellogg's	16.5	3.9	1.3	96	(345)	271	23.4	119.3
2	Apples, eating, raw (weighed with skin and core)	2.6	0.1	Tr.	11	0.5	26	0.8	1.0
3	Apples, cooking, baked	2.8	0.1	Tr.	12	0.6	36	1.0	0.9
4	Apples, cooking, stewed	1.2	Tr.	Tr.	6	0.3	16	0.5	0.4
5	Apple Charlotte*	7.9	0.4	4.5	76	(21)	28	2.1	1.6
6	Apple dumpling*	8.0	0.7	2.7	61	(12)	31	1.9	1.9
7	Apple pudding*	9.0	0.8	3.6	74	(14)	21	1.8	2.0
8	Apple tart*	9.3	0.7	2.5	64	(20)	26	1.7	1.8
9	Apricots, fresh, raw (weighed with stones)	1.7	0.2	Tr.	8	Tr.	84	4.5	3.2
10	Apricots, dried, raw	12.3	1.4	Tr.	56	16.0	535	26.3	18.6
11	Apricots, dried, stewed	5.1	0.6	Tr.	23	6.7	223	10.9	7.7
12	Apricots, tinned in syrup	4.5	0.1	Tr.	19	0.3	73	3.4	2.0
13	Arrowroot	25.7	0.1	Tr.	106	1.4	5	2.0	2.2
14	Artichokes, Jerusa- lem, boiled	0.9	0.5	Tr.	6	0.7	119	8.6	3.2
15	Asparagus, boiled (weighed as served)	0.2	0.5	Tr.	3	0.3	34	3.7	1.5
16	Bacon, raw	0.0	4.0	10.6	115	(348)	71	3.8	4.1
17	Bacon, fried	0.0	6.9	14.2	159	(837)	139	9.1	7.2
18	Bananas	5.5	0.3	Tr.	24	0.3	99	1.9	11.9
19	Banana custard*	5.1	0.7	0.7	31	8.8	64	23.9	6.7
20	Barley, Pearl	23.1	2.4	0.5	109	0.7	35	2.8	5.7
21	Beans, baked, tinned	4.9	1.7	0.1	28	(168)	98	17.4	10.4
22	Beans, Broad, boiled	2.0	1.2	Tr.	13	5.6	66	6.0	7.8
23	Beans, Butter or Haricot, boiled	4.8	2.0	Tr.	28	4.4	102	11.8	11.1
	Beans, French or Xanthus, boiled	0.3	0.2	Tr.	2	1.0	27	9.2	3.3
	Corned	0.0	6.3	4.3	66	(392)	33	3.6	8.2
	XXVII. k, raw	0.0	5.5	3.0	50	19.6	95	1.5	6.9

THE CHEMICAL COMPOSITION OF FOODS 303

Milligrams per oz. Acid-Base Value c.c. per oz. International units per oz. Milligrams per oz.

Iron	Copper	Phosphorus	Sulphur	Chlorine	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali	Vitamin A	Vitamin B ₁	Vitamin B ₂ (Lactoflavine)	Vitamin C (Ascorbic Acid)	No.
3.06	0.13	231.5	51.6	(574)	12		—	—	—	—	1
0.06	0.03	1.7	1.3	0.3		6	—	9	—	0.2-3.5	2
0.09	0.03	4.8	0.9	1.4		7	—	8	—	0.9	3
0.04	0.01	2.1	0.4	0.6		3	—	5	—	1.8	4
0.12	0.03	6.4	3.6	(31)		4	—	—	—	—	5
0.12	0.03	9.3	7.3	(20)	1		—	—	—	—	6
0.10	0.02	8.8	8.6	5.8		1	—	—	—	—	7
0.10	0.02	8.3	6.8	(33)	1		—	—	—	—	8
0.10	0.03	5.6	1.6	Tr.		22	840	—	—	3.4	9
1.16	0.08	33.5	46.6	9.8		119	2,410	—	0.016	—	10
0.48	0.03	13.9	19.4	4.1		49	1,000	—	0.007	—	11
0.20	0.01	3.7	0.3	0.4		20	—	—	—	—	12
0.55	0.06	7.8	0.5	2.0	1		—	—	—	—	13
0.12	0.03	9.4	6.1	16.4		23	—	—	—	1.7(R)	14
0.13	0.03	12.0	6.6	4.5	1		—	—	—	1.2	15
0.37	0.05	34.6	46.0	(530)	21		—	—	—	—	16
0.86	—	66.4	85.0	(1265)	43		—	—	—	—	17
0.12	0.05	8.0	3.7	22.3		23	—	14	0.002	0.3-4.3	18
0.07	0.02	21.3	6.9	26.3		12	—	—	—	—	19
0.19	0.03	58.3	30.5	29.7	50		—	—	—	—	20
0.58	0.07	52.1	14.4	(230)		8	—	—	—	—	21
0.28	0.12	28.1	7.7	4.0		5	—	—	—	2.2	22
0.59	0.05	29.5	13.3	0.5		16	—	28(R)	—	—	23
0.17	0.02	3.7	2.6	2.8		10	196	—	—	0.3-6.3(R)	24
2.78	—	33.8	60.0	(590)	39		—	—	—	—	25
1.22	—	78.2	57.0	19.9	52		17	14	—	—	26

THE CHEMICAL COMPOSITION OF FOODS—(continued)

No.	Food	Grams. per oz.			Milligrams per oz.				
		Car-bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Calc- ium	Mag- nesium
27	Beefsteak, grilled	0.0	7.2	6.1	86	19.0	105	2.6	7.2
28	Beefsteak pudding*	6.1	2.9	3.7	71	(223)	47	2.1	4.4
29	Beef, topside or sir- loin, roast. Lean only	0.0	7.6	3.9	67	20.7	103	1.8	7.5
30	Beef, salt, boiled	0.0	7.9	5.7	86	(417)	82	6.6	5.7
31	Beef, stewed	0.0	8.7	2.4	58	10.8	43	0.9	6.0
32	Beer or ale (per pint)†	18.2	1.8	Tr.	290	98.0	286	69.0	54.2
33	Beetroot, boiled	2.8	0.5	Tr.	14	18.2	99	8.5	4.8
34	Biscuits, Cream crackers	16.3	2.6	9.4	164	(124)	36	5.1	5.4
35	Biscuits, Digestive	18.7	3.0	5.8	143	(124)	88	12.4	9.1
36	Biscuits, Plain mixed	21.4	2.3	3.8	132	(69)	48	12.9	4.1
37	Biscuits, Rusks	20.8	1.9	2.4	116	(59)	80	24.6	7.7
38	Biscuits, Sweet mixed	18.9	1.7	8.7	166	(61)	39	7.7	4.0
39	Biscuits, Water	20.7	3.4	3.5	131	(134)	40	6.3	5.4
40	Blackberries, raw	1.8	0.4	Tr.	9	1.1	59	18.0	8.4
41	Blackberries, stewed	0.9	0.2	Tr.	5	0.5	30	9.1	4.2
42	Blackcurrants, raw	1.9	0.3	Tr.	9	0.8	106	17.2	4.9
43	Blackcurrants, stewed	1.3	0.2	Tr.	6	0.5	74	12.0	3.4
44	Black treacle	19.1	0.3	0.0	80	27.2	416	140.5	40.9
45	Blancmange*	5.2	0.9	1.1	35	12.8	44	33.1	3.8
46	Bloater, grilled (weighed with bones)	0.0	4.7	3.7	54	(148)	94	25.9	9.4
47	Bournvita	19.2	3.2	2.1	96	102.0	188	25.3	48.2
48	Bovril	0.0	8.3	0.2	36	(1580)	1020	14.8	48.0
49	Bread, Currant	13.0	2.0	1.0	71	(47)	71	10.7	7.0
50	Bread, Hovis	11.5	3.2	1.1	70	(129)	69	7.8	22.4
51	Bread, Malt	14.0	2.6	0.9	77	(78)	108	15.0	22.0
52	Bread, White	15.2	2.2	0.2	74	(126)	33	6.6	6.3
53	Bread, White, toasted	18.1	2.7	0.2	87	(150)	39	7.8	7.5

† Contains 29.7 c.c. alcohol per pint.

THE CHEMICAL COMPOSITION OF FOODS 305.

Milligrams per oz.					Acid-Base Value c.c. per oz.	International units per oz.		Milligrams per oz.			
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	No.
1.48	—	86.0	76.0	18.2	66		—	—	—	—	27
0.53	—	37.3	30.3	(318)	19		—	—	—	—	28
1.42	0.06	81.0	80.0	19.3	64		—	—	—	—	29
1.05	0.05	69.0	83.0	(660)	71		—	—	—	—	30
1.45	—	65.0	93.0	11.0	82		—	—	—	—	31
0.35	0.48	101.0	130.0	195.0	6		—	17	—	—	32
0.20	0.04	10.1	6.3	21.5		25	14	20	—	1.8	33
0.27	0.04	23.2	22.1	(200)	15		—	—	—	—	34
0.45	0.07	38.0	20.5	(123)		18	—	—	—	—	35
0.35	0.02	11.6	23.7	(74)		9	—	—	—	—	36
0.76	0.06	22.8	30.5	(49)		17	—	—	—	—	37
0.24	0.03	18.8	9.1	(105)	4		—	—	—	—	38
0.27	0.04	24.6	28.4	(192)	11		—	—	—	—	39
0.24	0.03	6.8	2.6	6.3		24	—	—	—	—	40
0.12	0.02	3.4	1.3	3.2		12	—	—	—	—	41
0.36	0.04	12.3	9.4	4.2		25	114	—	—	56.0	42
0.25	0.03	8.6	6.6	2.9		17	—	—	—	33.0	43
2.60	0.12	8.7	19.5	231.0		140	—	—	—	—	44
0.05	0.01	26.8	8.0	27.5		7	—	—	—	—	45
0.46	—	74.6	65.0	(238)	156		—	—	—	—	46
0.94	0.28	117.0	69.0	52.5		13	—	—	—	—	47
3.44	0.24	369.0	103.0	(1950)		145	—	—	—	—	48
0.67	0.03	34.4	16.9	(81)	6		—	—	—	—	49
0.84	0.03	73.0	22.0	(182)	16		—	—	—	—	50
0.91	0.02	71.9	32.6	(149)	21		—	9	—	—	51
0.28	0.02	20.8	15.5	(187)	4		—	6	—	—	52
0.34	0.02	24.8	18.4	(223)	5		—	7	—	—	53

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Carbohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
64	Bread, Wholemeal	12.4	2.4	0.5	65	(137)	68	8.5	22.8
55	Bread and butter pudding*	4.7	1.6	2.3	47	(32)	56	33.7	4.9
56	Bread sauce*	3.6	1.2	1.4	33	(92)	44	29.5	4.4
57	Brussels sprouts, boiled	0.5	0.7	Tr.	5	2.2	70	7.7	3.0
58	Buck rarebit*	4.6	4.1	8.7	116	(122)	35	94.5	8.0
59	Buns, Currant	15.4	2.3	2.2	93	(29)	52	10.2	6.3
60	Buns, Rock*	18.2	1.7	4.8	126	(44)	54	13.9	5.3
61	Butter, "fresh"	Tr.	0.1	24.2	226	(63)	4	4.2	0.7
62	Cabbage, boiled	0.3	0.2	Tr.	2	3.7	36	12.5	2.0
63	Cabinet pudding*	5.8	1.3	1.3	41	(30)	56	24.7	4.6
64	Cake, Cherry*	15.8	1.4	6.8	134	(39)	20	9.1	2.9
65	Cake, Chocolate*	15.4	2.0	6.6	133	(61)	26	6.4	4.0
66	Cake, Coconut*	15.3	2.1	6.6	133	(47)	49	9.9	6.5
67	Cake, Currant*	17.1	1.8	5.2	126	(43)	59	9.8	5.0
68	Cake, Dundee	17.7	1.2	4.3	117	(40)	96	14.3	7.8
69	Cake, Orange*	14.9	1.8	7.2	136	(56)	26	5.9	3.3
70	Cakes, Queen*	16.2	1.8	6.4	133	(46)	49	9.2	4.4
71	Cakes, Rock*	18.4	1.8	4.5	125	(43)	68	12.0	5.7
72	Cake, Sponge*	15.2	2.7	2.0	92	22.5	33	9.9	3.9
73	Canary pudding*	15.4	1.9	7.0	136	(49)	26	7.5	3.6
74	Carrots, boiled	1.2	0.2	Tr.	6	14.2	25	10.4	1.8
75	Castle pudding, steamed*	13.1	1.6	5.9	115	(41)	21	5.5	2.9
76	Cauliflower, boiled	0.3	0.4	Tr.	3	3.2	43	6.5	1.9
77	Celery, raw	0.4	0.3	Tr.	3	38.9	79	14.8	2.7
78	Celery, boiled	0.2	0.2	Tr.	1	18.9	38	14.8	2.4
79	Cheese, Cheddar	Tr.	7.1	9.8	120	(174)	33	230.0	13.3
80	Cheese, Cream	Tr.	0.9	24.5	232	(31)	13	8.4	1.5
81	Cheese, Dutch	Tr.	8.0	4.8	77	(355)	27	256.0	14.9
82	Cheese, Gorgonzola	Tr.	7.1	8.8	112	(347)	49	153.0	10.7
83	Cheese, Gruyère	Tr.	10.4	9.5	131	(154)	36	306.0	12.8
84	Cheese, Packet	Tr.	6.4	8.5	106	(260)	24	206.0	13.5
85	Cheese, St. Ivel	Tr.	6.6	8.7	108	(161)	19	137.0	6.6

THE CHEMICAL COMPOSITION OF FOODS 307

Milligrams per oz. Acid-Base value c.c. per oz. International units per oz. Milligrams per oz.

Iron	Copper	Phosphorus	Sulphur	Chlorine	N to Acid	N to Alkali	Vitamin A	Vitamin B ₁	Vitamin B ₂ (Lactoflavine)	Vitamin C (Ascorbic Acid)	No.
0.77	0.05	60.5	21.6	(228)	17		—	30	—	—	54
0.18	0.02	35.4	16.4	(54)		1	—	—	—	—	55
0.06	0.01	26.1	9.6	(145)		6	—	—	—	—	56
0.18	0.02	12.7	22.0	3.2		2	—	17(R)	—	15.6	57
0.31	0.02	80.7	40.7	(195)	16		—	—	—	—	58
0.60	0.02	18.4	20.8	(55)	5		—	—	—	—	59
0.21	0.03	22.2	18.1	(41)		7	—	—	—	—	60
0.05	0.01	6.8	2.6	(94)	1		690	—	—	—	61
0.13	0.02	6.8	6.0	2.9		10	270	16(R)	0.014 (R)	5.7- 28.4(R)	62
0.18	0.02	27.9	9.9	(44)		7	—	—	—	—	63
0.35	0.09	20.1	17.9	(36)	5		—	—	—	—	64
0.36	0.02	29.2	23.8	(51)	8		—	—	—	—	65
0.31	0.03	28.8	23.5	(48)	3		—	—	—	—	66
0.33	0.04	24.1	21.8	(42)		9	—	—	—	—	67
0.57	0.05	22.3	15.6	(51)		17	—	—	—	—	68
0.28	0.01	24.9	22.3	(54)	8		—	—	—	—	69
0.30	0.03	26.8	22.6	(37)	1		—	—	—	—	70
0.31	0.05	23.9	21.0	(38)		8	—	—	—	—	71
0.46	0.01	41.2	34.9	29.3	30		—	—	—	—	72
0.27	0.01	26.6	22.9	(40)	8		—	—	—	—	73
0.11	0.02	4.7	1.4	8.8		13	540	17(R)	0.006 (R)	1.3	74
0.22	0.01	21.8	19.3	(33)	7		—	—	—	—	75
0.14	0.02	9.4	8.4	3.3		5	16	9	—	5.4- 28.6(R)	76
0.17	0.03	9.0	4.2	52.0		24	—	Tr.	—	0.6	77
0.12	0.03	5.5	2.4	28.4		14	—	Tr.	—	—	78
0.16	0.01	155.0	65.2	(300)	15		1,560	0	—	—	79
0.04	0.01	12.5	18.2	(43)	10		—	—	—	—	80
0.22	0.01	136.0	53.1	(582)		17	—	—	—	—	81
0.14	0.04	107.0	50.2	(511)	1		—	9	—	—	82
0.07	0.08	198.0	58.5	(235)		10	—	—	—	—	83
0.16	0.01	136.0	91.0	(308)		1	—	—	—	—	84
0.20	0.01	107.0	52.9	(258)	25		—	—	—	—	85

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food.	Carbohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
86	Cheese, Stilton	Tr.	7.1	11.4	135	(326)	46	103.0	7.7
87	Cheese sauce*	2.5	1.9	3.7	52	(155)	45	57.7	5.4
88	Cheese straws*	7.3	4.7	13.5	175	(234)	32	116.0	8.9
89	Cherries, raw (weighed with stones)	3.0	0.1	Tr.	12	0.7	68	3.9	2.4
90	Cherries, stewed (weighed with stones)	1.2	0.1	Tr.	5	0.4	31	2.0	1.2
91	Chicken, boiled	0.0	7.4	2.9	58	27.8	108	3.0	7.5
92	Chicken, roast	0.0	8.4	2.1	54	22.7	101	4.1	6.5
93	Chocolate, milk	14.9	2.1	9.7	160	26.5	138	49.8	16.3
94	Chocolate, plain	16.6	1.3	9.2	159	5.3	113	7.4	23.2
95	Chocolate mould*	6.0	0.9	1.1	39	16.4	45	31.9	4.5
96	Cocoa powder	9.9	5.8	6.6	126	185.0	152	14.6	54.5
97	Cod, fried	0.8	5.9	1.3	40	45.8	97	14.1	7.6
98	Cod, steamed	0.0	5.1	0.3	23	28.4	102	4.2	5.9
99	Coffee, ground	8.1	3.6	4.4	89	20.8	575	37.8	66.8
100	College pudding*	13.6	1.3	6.8	124	(77)	66	9.4	4.3
101	Cornflakes, Kel- logg's	23.4	2.1	0.2	107	(298)	32	2.1	4.7
102	Cornflour	26.1	0.2	0.2	110	14.7	17	4.4	2.0
103	Crab, boiled	0.0	5.4	1.5	36	104.0	77	8.3	13.6
104	Cream (40 per cent.)	0.7	0.5	11.9	116	9.0	26	16.8	1.3
105	Cucumber	0.5	0.2	Tr.	3	3.7	40	6.5	2.6
106	Currants, dried, raw	18.0	0.5	Tr.	76	5.5	201	27.1	10.3
107	Curried meat*	2.5	2.3	3.2	49	(84)	72	9.3	5.8
108	Custard, egg * boiled or baked	3.2	1.4	1.6	34	17.5	47	34.1	4.1
109	Custard powder (take as Cornflour)								
110	Custard powder custard*	4.8	0.9	1.1	34	13.1	46	34.7	4.0
111	Damsons, raw (weighed with stones)	2.4	0.1	Tr.	10	0.6	74	6.0	2.8

THE CHEMICAL COMPOSITION OF FOODS 309

Milligrams per oz.					Acid-Base Value c.c. per oz.	International units per oz.	Milligrams per oz.				No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.13	0.01	86.2	64.5	(488)	22		—	—	—	—	86
0.06	0.01	42.6	17.2	(249)		4	—	—	—	—	87
0.27	0.02	93.0	44.9	(376)	20		—	—	—	—	88
0.09	0.02	4.2	1.7	Tr.		18	—	—	—	1.0	89
0.03	0.01	2.1	0.8	Tr.		8	—	—	—	—	90
0.60	—	76.8	83.0	17.6	59		—	—	—	—	91
0.74	—	77.0	92.0	28.4	72		—	11	—	—	92
0.47	0.04	61.0	19.0	37.7		24	—	—	—	—	93
0.93	0.32	39.5	9.1	2.5		22	—	—	—	—	94
0.10	0.02	28.0	8.2	27.9		7	—	—	—	—	95
4.06	0.20	194.0	45.5	56.5		2	—	0	—	—	96
0.28	0.03	74.1	69.0	41.1	44		—	11(R)	—	—	97
0.14	0.03	68.5	60.0	34.0	46		—	11(R)	—	—	98
1.16	0.23	45.7	31.3	6.7		180	—	—	—	—	99
0.34	0.04	21.1	16.4	(52)		20	—	—	—	—	100
0.80	0.03	16.5	26.2	(432)	6		—	—	—	—	101
0.41	0.04	11.1	0.3	20.2		2	—	—	—	—	102
0.37	—	99.4	132.0	162.0	112		—	—	—	—	103
0.07	0.04	7.1	9.4	15.3		5	—	—	—	—	104
0.09	0.03	6.9	3.1	6.9		9	0	9	—	0.3-5.0	105
0.52	0.14	11.4	8.8	4.5		62	—	—	—	—	106
1.39	—	28.7	27.9	(124)	7		—	—	—	—	107
0.14	0.01	35.1	15.7	33.2	2		—	—	—	—	108
											109
0.04	0.01	27.9	8.4	28.4		7	—	—	—	—	110
0.11	0.02	4.2	1.6	Tr.		21	—	—	—	—	111

THE CHEMICAL COMPOSITION OF FOODS—(continued)

No.	Food	Grams per oz.			Milligrams per oz.				
		Car-bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
112	Damsons, stewed (weighed with stones)	1.8	0.1	Tr.	8	0.4	56	4.6	2.2
113	Dates (weighed with stones)	15.6	0.5	Tr.	66	1.2	185	16.6	14.3
114	Doughnuts	13.8	1.9	4.5	106	(17)	32	6.1	4.7
115	Dripping	0.0	Tr.	28.1	262	1.4	1	0.2	Tr.
116	Dumpling*	6.8	0.9	3.2	61	(130)	13	1.8	2.1
117	Eggs (per 1 egg) (1 egg = 50 g.)	0.0	5.9	6.2	82	67.5	69	28.0	6.2
118	Egg white	0.0	2.6	Tr.	11	54.7	42	1.5	3.0
119	Egg yolk	0.0	4.6	8.7	99	14.2	35	37.4	4.2
120	Egg sauce*	2.4	1.4	2.9	42	(133)	45	29.9	4.1
121	Figs, green, raw	2.7	0.4	Tr.	13	0.5	76	9.7	5.7
122	Figs, dried, raw	15.0	1.0	Tr.	66	24.6	288	80.5	26.2
123	Figs, dried, stewed	8.5	0.6	Tr.	38	14.0	164	45.8	14.9
124	Fish cakes*	2.8	3.5	4.0	62	(119)	85	5.6	5.2
125	Fish paste	1.9	4.2	2.7	50	(420)	87	41.5	8.6
126	Fish pie*	1.9	2.5	4.3	58	(146)	71	14.6	4.6
127	Flour, White	22.7	3.0	0.3	108	8.4	41	5.2	6.7
128	Flour, Wholemeal	19.0	3.5	0.6	98	45.4	92	8.2	28.7
129	Force	21.5	2.9	0.5	106	(197)	115	18.8	42.1
130	Ginger, Ground	17.0	2.1	0.1	80	10.0	258	28.0	38.0
131	Gingerbread*	17.9	1.7	3.7	115	(95)	45	10.1	4.4
132	Golden syrup	22.4	0.1	0.0	92	76.6	69	7.5	2.7
133	Gooseberries, ripe, raw	2.6	0.2	Tr.	11	0.3	48	5.2	2.4
134	Gooseberries, un- ripe, stewed	0.5	0.2	Tr.	3	0.3	30	4.0	1.0
135	Gooseberry tart*	8.8	0.8	2.7	64	(22)	38	5.3	2.5
136	Grapes, black or white (weighed with skin and pips)	4.1	0.2	Tr.	18	0.4	71	3.1	1.4
137	Grapefruit	1.5	0.2	Tr.	7	0.4	66	4.9	3.0
138	Grapenuts	20.2	3.6	0.9	106	(187)	121	13.6	43.4

THE CHEMICAL COMPOSITION OF FOODS 311

Milligrams per oz.					Acid-Base Value c.c. per oz.		International units per oz.		Milligrams per oz.		No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.08	0.02	3.2	1.2	Tr.		16	—	—	—	—	112
0.39	0.05	15.6	12.4	71.0		30	235	7	—	—	113
0.46	0.03	15.6	16.0	(25)	5		—	—	—	—	114
0.06	—	4.0	3.0	0.6	3		—	—	—	—	115
0.09	0.01	8.9	10.5	(177)		4	—	—	—	—	116
1.27	0.02	109.0	86.5	79.5	81		1,760	28	0.245	0	117
0.03	0.01	9.2	51.9	48.4	14		—	Tr.	0.128	0	118
1.74	0.01	141.0	46.7	40.4	94		2,500	40	0.156	0	119
0.14	0.01	32.3	15.6	(209)	1		—	—	—	—	120
0.12	0.02	9.1	3.7	5.2		20	23	7	—	0.6	121
1.18	0.07	26.0	22.9	47.1		102	—	3-28	—	—	122
0.67	0.04	14.8	13.0	26.8		58	—	2-16	—	—	123
0.22	0.04	48.1	41.0	(185)	26		—	—	—	—	124
1.70	0.02	60.0	53.0	(677)	29		—	—	—	—	125
0.16	0.02	40.7	30.0	(225)	16		—	—	—	—	126
0.26	0.02	28.8	30.9	19.2	21		—	0-10	—	—	127
0.84	0.11	69.7	35.0	50.3	10		—	36	—	—	128
1.13	0.10	96.3	29.6	(318)	11		—	—	—	—	129
4.90	0.13	39.0	41.0	11.0		61	—	—	—	—	130
0.36	0.02	23.0	22.2	(30)		25	—	—	—	—	131
0.41	0.03	5.7	15.3	11.8		41	—	—	—	—	132
0.16	0.04	5.4	3.8	3.0		10	—	—	—	10.5	133
0.05	0.02	4.8	2.3	1.0		6	—	—	—	4.9	134
0.11	0.02	11.2	9.1	(35)		1	—	—	—	—	135
0.09	0.03	4.9	2.2	Tr.		17	6	—	—	Tr.-1.0	136
0.07	0.02	4.4	1.5	0.4		18	—	11	—	7.4- 18.5 (juice)	137
1.60	0.05	94.6	41.1	(257)	4		—	—	—	—	138

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Grams per oz.			Milligrams per oz.				
		Car- bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
139	Greengages, raw (weighed with stones)	3.2	0.2	Tr.	14	0.4	82	4.5	2.1
140	Greengages, stewed (weighed with stones)	2.2	0.1	Tr.	10	0.3	56	3.1	1.4
141	Haddock, fresh, fried	1.0	5.8	2.4	50	50.2	99	32.4	8.7
142	Haddock, fresh, steamed	0.0	6.2	0.2	28	34.4	92	15.5	7.9
143	Haddock, smoked, steamed	0.0	6.3	0.3	28	(346)	83	16.3	7.2
144	Hake, fried	1.5	5.5	3.2	59	43.5	84	7.3	8.2
145	Hake, steamed	0.0	5.2	0.9	30	33.5	88	4.5	7.6
146	Halibut, steamed	0.0	6.4	1.1	37	31.5	97	3.7	6.6
147	Ham, boiled, lean	0.0	6.6	3.8	62	(595)	129	4.8	6.7
148	Ham, boiled, lean and fat	0.0	4.6	11.2	123	(422)	91	3.6	4.9
149	Herring, fried (weighed with bones)	0.4	5.4	3.8	59	25.2	104	9.7	8.7
150	Honey	21.7	0.1	Tr.	90	3.1	15	1.5	0.6
151	Hotpot*	3.2	2.8	1.3	37	(164)	132	6.2	7.1
152	Ice cream bricks	5.0	1.1	3.8	60	18.2	51	43.4	4.3
153	Irish stew*	2.2	1.1	3.1	42	(101)	63	2.9	3.4
154	Jam	19.6	0.2	0.0	81	4.0	31	5.1	2.2
155	Jam roll, baked*	15.7	1.4	5.4	120	(43)	28	4.1	3.7
156	Jam tarts*	17.3	1.0	3.8	110	(33)	29	4.5	3.2
157	Jelly, packet	17.7	1.7	0.0	80	7.2	7	8.9	1.3
158	Jelly, plain*	5.4	0.6	0.0	25	2.2	2	2.7	0.4
159	Jelly, milk*	5.9	1.0	0.5	33	9.2	25	19.7	2.4
160	Kedgeres*	2.8	3.4	2.0	44	(312)	46	6.0	6.8
161	Kidney, sheep's, fried	0.0	7.9	2.6	57	74.0	86	4.7	7.6
162	Kidney, ox, stewed	0.0	7.3	1.6	45	46.5	47	5.9	6.3

THE CHEMICAL COMPOSITION OF FOODS 313

Milligrams per oz.					Acid-Base Value c.c. per oz.	International units per oz.	Milligrams per oz.				No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.10	0.02	6.1	0.8	0.3		21	—	—	—	1.5	139
0.07	0.01	4.1	0.5	0.2		14	—	—	—	0.6	140
0.34	—	70.0	81.0	51.3	40		—	—	—	—	141
0.20	0.04	66.3	86.0	22.1	50		—	—	—	—	142
0.28	—	70.8	72.0	(540)	56		—	—	—	—	143
0.26	0.05	73.5	56.0	38.0	42		—	—	—	—	144
0.17	0.03	62.0	55.0	27.0	36		—	—	—	—	145
0.17	0.02	72.0	72.0	22.7	53		—	17 (fried)	—	—	146
0.74	—	69.2	80.0	(950)	63		—	63	—	—	147
0.71	—	54.4	56.0	(665)	46		—	—	—	—	148
0.48	—	84.7	65.0	31.2	55		—	—	—	—	149
0.11	0.01	4.8	0.2	5.1		2	—	—	—	—	150
0.66	—	42.2	33.2	(253)	5		—	—	—	—	151
0.06	0.01	27.1	8.7	29.2		15	—	—	—	—	152
0.26	—	16.2	14.2	(159)		<1	—	—	—	—	153
0.35	0.05	5.1	1.3	1.8		9	—	—	—	—	154
0.24	0.03	14.7	14.4	(39)		1	—	—	—	—	155
0.28	0.03	11.9	10.5	(51)	2		—	—	—	—	156
0.49	0.05	2.0	10.4	8.5		<1	—	—	—	—	157
0.15	0.02	0.7	3.2	2.6		<1	—	—	—	—	158
0.16	0.02	14.1	7.2	16.4		4	—	—	—	—	159
0.29	—	47.8	44.8	(459)	33		—	—	—	—	160
4.12	—	123.0	78.0	82.0	88		—	54(R)	—	—	161
2.02	—	111.0	69.0	40.9	86		—	—	0.400 (R)	—	162

THE CHEMICAL COMPOSITION OF FOODS—(continued)

No.	Food	Grams per oz.			Milligrams per oz.				
		Carbohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
163	Kipper, baked (weighed with bones)	0.0	3.6	1.7	31	(152)	80	9.9	7.3
164	Leeks, boiled	1.3	0.5	Tr.	7	1.8	79	17.2	3.6
165	Lemon juice	0.5	0.1	Tr.	2	0.4	40	2.4	1.9
166	Lentils, raw	15.1	6.8	Tr.	90	10.2	192	11.0	21.7
167	Lettuce, raw	0.5	0.3	Tr.	3	0.9	59	7.4	2.8
168	Liver, raw	0.0	4.7	2.3	41	24.4	92	2.4	5.9
169	Liver, fried, after rolling in flour	0.9	8.3	4.3	78	30.4	113	2.5	7.2
170	Lobster, boiled	0.0	6.0	1.0	34	92.3	73	17.5	9.7
171	Loganberries, raw	1.0	0.3	Tr.	5	0.7	73	10.0	7.1
172	Loganberries, tinned in syrup	7.4	0.2	Tr.	31	0.3	28	5.0	3.2
173	Macaroni	21.8	3.3	0.6	109	7.3	62	7.5	16.2
174	Macaroni cheese*	4.3	2.2	3.6	60	(190)	39	56.6	7.3
175	Mackerel, fried	0.0	5.7	3.2	53	43.5	118	8.1	9.9
176	Malted milk, Hor- lick's	20.1	4.1	2.4	102	196.0	321	77.2	20.0
177	Margarine	0.0	0.1	24.2	226	(90)	1	1.2	0.3
178	Marmalade	19.8	Tr.	0.0	81	5.2	12	9.9	1.1
179	Marmite	0.0	2.8	Tr.	12	(1740)	978	22.0	78.4
180	Marrow, boiled	0.4	0.1	Tr.	2	0.3	24	3.9	1.9
181	Meat paste	1.2	5.6	3.6	61	(267)	59	7.5	6.2
182	Melon, Cantaloupe or Yellow, raw	1.4	0.2	Tr.	7	4.7	77	4.7	4.8
183	Milk, fresh, whole raw or pasteurised	1.3	0.9	1.1	19	14.2	46	34.1	4.0
184	Milk, fresh, skim- med	1.4	1.0	0.1	10	14.8	47	35.2	4.1
185	Milk, dried, whole	10.4	7.5	8.5	152	113.5	363	272.0	31.8
186	Milk, whole, evaporated, un- sweetened	3.3	2.2	2.4	45	45.8	143	82.5	9.9
187	Milk, whole, con- densed, sweetened	15.9	2.3	3.4	106	40.7	116	97.5	10.2

THE CHEMICAL COMPOSITION OF FOODS 315

Milligrams per oz.					Acid-Base Value c.c. per oz.	International units per oz.	Milligrams per oz.				
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	No.
0.22	—	65.3	43.0	(234)	38		—	—	—	—	163
0.57	0.03	7.8	13.9	12.1		15	—	—	—	3.1(R)	164
0.04	0.04	2.9	0.6	0.7		11	—	—	0.001	7.3- 20.1	165
2.17	0.17	69.0	34.8	18.0		6	24	11-60	—	0.9	166
0.21	0.04	8.6	3.4	11.2		11	910	26	—	Tr.-6.2	167
3.95	1.65	89.0	68.0	28.4	67		11,900	—	0.028- 0.680	10.0	168
6.02	—	159.8	119.0	28.7	137		16,900	43	—	—	169
0.23	—	80.5	146.0	149.0	109		—	—	—	—	170
0.39	0.04	6.9	5.1	4.5		21	—	—	—	12.4	171
0.82	0.01	6.5	0.9	1.3		7	—	—	—	10.0	172
0.41	0.02	43.1	27.0	8.9	11		—	—	—	—	173
0.10	0.01	45.9	19.7	(301)		<1	—	—	—	—	174
0.34	0.06	79.5	60.0	32.4	36		—	—	—	—	175
0.37	0.35	114.0	47.5	146.0		78	—	—	—	—	176
0.09	0.01	3.4	3.4	(141)	4		500†	—	—	—	177
0.16	0.03	3.6	0.6	2.0		8	—	—	—	Tr.-4.3	178
1.48	0.56	535.0	108.0	(2,200)		49	—	227	0.940	—	179
0.06	0.01	3.6	1.6	3.9		5	0	—	—	3.2(R)	180
1.05	0.03	38.0	37.0	(426)	27		—	—	—	—	181
0.15	0.01	5.6	2.6	12.6		19	—	—	—	4.3- 15.0	182
0.02	0.01	27.0	8.3	27.8		8	22-62	7	0.057	Tr.-0.8	183
0.02	0.01	27.8	8.5	28.9		8	—	—	—	—	184
0.18	0.05	215.5	66.1	222.0		61	122	—	—	—	185
0.05	0.03	72.0	21.3	79.0		24	—	—	—	—	186
0.05	0.02	68.0	23.5	81.0		24	—	—	—	—	187

† Vitaminised.

316 MODERN DIETARY TREATMENT

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Car- bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
188	Milk, skimmed, condensed, sweetened	17.0	2.8	0.1	82	51.0	142	109.0	10.7
189	Minced meat	7.2	0.2	0.9	39	(59)	159	14.9	5.9
190	Mince pies*	12.2	1.3	5.6	107	(43)	76	7.9	5.1
191	Mushrooms, fried	0.0	0.6	6.4	62	3.1	161	1.0	4.6
192	Mustard, powder	5.9	8.2	8.1	134	1.0	268	95.0	73.0
193	Mustard and cress	0.3	0.5	Tr.	3	5.4	96	18.7	7.8
194	Mutton, leg, boiled	0.0	7.3	4.7	74	18.2	78	1.0	7.8
195	Mutton, leg, roast	0.0	7.1	5.8	83	20.1	98	1.2	7.5
196	Mutton chop or cutlet, grilled	0.0	5.7	12.8	142	29.0	87	5.1	6.5
197	Mutton, neck, stewed	0.0	6.9	6.9	92	18.8	53	14.2	7.6
	Nuts—								
198	Almonds	1.2	5.8	15.2	170	1.6	243	70.0	73.0
199	Barcelona	1.5	3.7	18.2	189	0.7	266	48.2	57.2
200	Brazil	1.2	3.9	17.3	183	0.4	216	50.0	117.0
201	Chestnuts	10.4	0.7	0.8	53	3.1	141	13.1	9.4
202	Cobnuts	1.9	2.6	10.2	114	0.4	98	12.5	15.9
203	Coconut, fresh	1.1	1.1	10.2	104	4.7	124	3.7	14.8
204	Coconut, desic- cated	1.8	1.9	17.6	179	8.1	214	6.4	25.5
205	Peanuts	2.4	8.0	13.9	172	1.6	193	17.3	51.3
206	Walnuts	1.4	3.6	14.6	156	0.8	195	17.3	37.2
207	Oatmeal or Quaker oats, raw	20.6	3.8	2.5	123	9.5	104	15.8	32.0
208	Olives, in brine (weighed with stones)	0.0	0.2	2.5	24	(510)	21	14.0	5.0
209	Olive oil	0.0	Tr.	28.4	264	Tr.	Tr.	0.1	0.1
210	Omelette, Cheese*	0.0	5.0	8.8	102	(402)	42	89.9	7.3
211	Omelette, Jam*	7.5	2.7	4.1	80	(34)	39	13.9	3.3
212	Omelette, Plain*	0.0	2.2	8.6	89	(286)	26	11.1	2.4
213	Onions, boiled	0.8	0.2	Tr.	4	1.9	22	6.9	1.4
214	Onions, fried	2.9	0.5	9.5	102	5.7	76	17.4	4.2
215	Onions, Spring, raw	2.4	0.3	Tr.	11	3.7	64	38.4	3.1
216	Onion sauce*	2.0	0.7	1.6	26	(86)	36	21.7	3.1

THE CHEMICAL COMPOSITION OF FOODS 317

Milligrams per oz.					Acid-Base Value c.c. per oz.		International units per oz.		Milligrams per oz.		No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.08	0.01	76.8	26.8	88.0		31	—	—	—	—	188
0.60	0.02	4.5	8.1	(129)		35	—	—	—	—	189
0.35	0.02	14.3	16.5	(116)		3	—	—	—	—	190
0.36	0.22	47.2	20.9	29.3	5		—	14(R)	—	0.5(R)	191
3.10	0.06	50.0	364.0	18.0	88		—	—	—	—	192
1.29	0.03	18.6	48.2	25.3	7		—	14	—	—	193
1.45	0.07	67.5	80.0	19.0	64		9(R)	—	—	—	194
1.22	—	68.8	77.0	17.6	57		—	14	—	—	195
0.68	0.05	58.0	60.0	25.5	40		—	—	—	—	196
1.93	—	62.5	74.0	23.3	57		—	—	—	—	197
1.20	0.04	125.5	41.2	0.5		52	—	23	—	0.5.5	198
0.84	0.27	85.0	50.0	9.5		52	—	—	—	—	199
0.80	0.31	168.0	83.0	17.3		13	—	—	—	—	200
0.25	0.07	21.0	8.2	4.3		32	—	—	—	—	201
0.30	0.06	65.0	21.3	1.7	11		—	57	—	4.3	202
0.59	0.09	27.0	13.0	32.4		14	—	—	—	0.1-3.8	203
1.02	0.16	46.0	21.6	55.8		24	—	Tr.	—	—	204
0.58	0.08	104.0	107.0	1.9	33		29	28-91	—	—	205
0.67	0.09	145.0	29.5	6.5	24		—	43	—	8.5	206
1.17	0.07	108.0	44.0	20.8	38		—	40	—	—	207
0.23	0.05	3.8	8.1	(855)	9		—	—	—	—	208
0.02	0.02	Tr.	Tr.	Tr.		<1	—	—	—	—	209
0.63	0.02	100.9	60.7	(620)	40		—	—	—	—	210
0.64	0.02	50.0	39.0	(41)	34		—	—	—	—	211
0.46	0.01	40.7	31.4	(431)	29		—	—	—	—	212
0.07	0.02	4.7	6.7	1.4		1	13	11(R)	—	1.3	213
0.17	0.05	16.8	24.9	10.8		5	—	—	—	—	214
0.35	0.04	6.7	14.2	10.1		24	—	—	—	4.0	215
0.06	0.02	17.9	7.9	(137)		6	—	—	—	—	216

THE CHEMICAL COMPOSITION OF FOODS—(continued)

No.	Food	Grams per oz.				Milligrams per oz.			
		Car-bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
217	Oranges, raw	2.4	0.2	Tr.	11	0.8	56	11.7	3.7
218	Orange juice	2.7	0.2	Tr.	12	0.5	51	3.3	3.3
219	Ovaltine	17.5	3.8	2.2	89	70.8	312	96.1	39.8
220	Oxo	0.0	9.0	1.1	47	(3010)	761	28.8	45.4
221	Pancakes*	10.3	1.4	4.3	88	(25)	37	20.8	4.0
222	Parsnips, boiled	3.8	0.4	Tr.	17	1.2	83	10.1	3.7
223	Pastry, flaky*	12.4	1.7	10.2	153	(62)	23	3.3	3.8
224	Pastry, short*	15.5	2.1	8.6	152	(70)	28	4.0	4.7
225	Peas, fresh, boiled	2.2	1.4	Tr.	15	Tr.	49	3.6	6.1
226	Peas, dried, boiled	5.4	2.0	Tr.	30	3.6	76	6.9	8.6
227	Peaches, fresh, raw (weighed with stones)	2.3	0.2	Tr.	10	0.7	64	1.2	2.0
228	Peaches, dried, raw	15.0	1.0	Tr.	66	1.7	314	10.1	15.4
229	Peaches, dried, stewed	5.1	0.3	Tr.	22	0.6	107	3.4	5.2
230	Peaches, tinned in syrup	4.9	0.1	Tr.	20	0.4	43	1.0	1.8
231	Pears, eating, raw (weighed with skin and core)	2.2	0.1	Tr.	9	0.5	26	1.6	1.5
232	Pears, stewed	1.8	0.1	Tr.	8	0.5	20	1.4	0.8
233	Pears, tinned in syrup	4.7	0.1	Tr.	20	0.4	26	1.5	1.7
234	Pepper	19.3	2.5	0.6	94	2.0	12	36.0	13.0
235	Pineapple, fresh	3.3	0.1	Tr.	14	0.5	70	3.5	4.8
236	Pineapple, tinned in syrup	4.7	0.1	Tr.	20	0.1	16	3.8	2.3
237	Plaice, fried	2.0	5.1	4.1	67	35.3	62	12.7	6.9
238	Plaice, steamed	0.0	5.1	0.5	26	34.0	79	10.7	6.8
239	Plums, dessert, raw (weighed with stones)	2.6	0.2	Tr.	11	0.5	50	2.9	1.9

THE CHEMICAL COMPOSITION OF FOODS 319

Milligrams per oz.					Acid-Base Value c.c. per oz.	International units per oz.	Milligrams per oz.				No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.09	0.02	6.7	2.6	0.9		17	—	11	—	4.5- 41.0	217
0.09	0.01	6.2	1.3	0.3		13	159	—	0.002	2.8- 25.2	218
0.99	0.18	160.0	52.0	115.0		24	—	—	—	—	219
3.98	0.09	310.0	91.0	(3980)		180	—	—	—	—	220
0.15	0.01	26.4	15.9	(43)	5		—	—	—	—	221
0.13	0.03	9.0	4.1	9.3		19	12	—	—	1.7	222
0.18	0.01	17.0	18.2	(100)	13		—	—	—	—	223
0.21	0.02	20.9	22.3	(113)	15		—	—	—	—	224
0.35	0.04	23.6	12.4	2.2	4		63	—	0.023 (R)	3.0	225
0.41	0.05	32.1	11.1	2.6		3	—	11-28 (R)	—	0.0-8 (R)	226
0.09	0.01	4.6	1.4	Tr.		15	300	—	—	0.3-5.1	227
1.92	0.18	33.0	68.1	3.0		34	—	—	—	—	228
0.65	0.06	11.2	23.2	1.0		12	—	—	—	—	229
0.55	0.02	2.8	0.3	1.2		11	—	—	—	—	230
0.05	0.03	2.0	0.9	Tr.		7	27	6	—	Tr.-1.9	231
0.03	0.02	2.9	0.7	0.3		4	25	6	—	—	232
0.50	0.01	1.5	0.4	0.8		7	—	—	—	—	233
2.90	0.32	37.0	28.0	17.0		82	—	—	—	—	234
0.12	0.02	2.2	0.7	8.1		20	50	7	—	3.0- 17.8	235
0.48	0.01	1.4	0.8	1.2		6	14 (juice)	—	—	1.7	236
0.23	0.04	71.3	71.0	49.4	61		—	—	—	—	237
0.17	—	70.0	71.0	31.8	52		—	—	—	—	238
0.10	0.03	4.3	0.9	Tr.		13	0.98	11	—	Tr.-1.8	239

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Car- bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Calc- ium	Mag- nesium
240	Plums, stewed (weighed with stones)	1.1	0.1	Tr.	5	0.4	36	2.5	1.4
241	Plum tart*	9.1	0.7	2.7	65	(22)	34	3.0	2.5
242	Pork, loin, roast	0.0	5.5	11.5	129	17.0	82	2.1	5.1
243	Pork chop, grilled	0.0	5.3	14.3	155	16.8	73	2.4	4.2
244	Pork salt, boiled (lean only)	0.0	6.7	4.5	69	(511)	85	7.8	6.9
245	Porridge (2½ oz. oatmeal per pint water)	2.3	0.4	0.3	14	1.1	12	1.8	3.7
246	Potatoes, old, boiled	5.6	0.4	Tr.	25	1.0	92	1.2	4.3
247	Potatoes, old, baked in skins	7.1	0.7	Tr.	32	2.2	193	2.6	8.3
248	Potatoes, "chips"	10.6	1.1	2.6	72	3.3	290	3.9	12.3
249	Potatoes, roast	7.8	0.8	0.3	38	2.4	211	2.9	9.1
250	Potatoes, new, boiled	5.2	0.5	Tr.	23	11.5	94	1.4	5.6
251	Potato soup*	3.1	0.6	1.2	27	(94)	27	13.1	4.5
252	Prunes, stewed (weighed with stones)	4.4	0.3	Tr.	19	1.3	95	4.1	2.9
253	Queen of puddings*	6.6	1.5	2.8	59	(36)	41	24.8	4.1
254	Rabbit, stewed	0.0	7.6	2.2	51	9.1	60	3.2	6.1
255	Radish, raw	0.8	0.3	Tr.	5	16.8	68	12.4	3.2
256	Raisins, dried	18.3	0.3	Tr.	76	14.9	244	17.2	11.8
257	Raspberries, raw	1.6	0.3	Tr.	8	0.7	64	11.6	6.2
258	Raspberries, stewed	1.1	0.2	Tr.	5	0.5	43	7.9	4.2
259	Red currants, raw	1.2	0.3	Tr.	7	0.7	78	10.2	3.6
260	Red currants, stewed	0.9	0.2	Tr.	5	0.5	57	7.4	2.6
261	Rhubarb, stewed	0.2	0.1	Tr.	1	0.4	85	20.4	2.7
262	Rhubarb tart*	8.5	0.7	2.7	63	(22)	69	15.8	3.4
263	Rice, polished, raw	24.6	1.9	0.3	112	1.8	32	1.1	3.7

THE CHEMICAL COMPOSITION OF FOODS 321

Milligrams per oz.					Acid-Base Value c.c. per oz.		International units per oz.		Milligrams per oz.		No.
Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	
0.05	0.02	2.7	0.9	Tr.		10	0.67	7	—	Tr.-0.7	240
0.10	0.02	8.2	7.4	(35)		2	—	—	—	—	241
0.65	0.03	53.0	57.0	21.8	42		—	91 (lean)	—	—	242
0.68	0.03	51.0	54.0	20.4	40		—	—	—	—	243
0.65	—	62.1	69.0	(880)	78		—	—	—	—	244
0.14	0.01	12.2	5.1	2.4	4		—	5	—	—	245
0.14	0.03	8.2	6.3	11.6		16	12	9	0.002 (R)	0.3-6.8	246
0.25	0.05	13.7	11.8	26.8		35	15	—	—	0.3-8.3	247
0.38	0.08	20.6	12.7	39.8		56	—	—	—	0.5- 12.4	248
0.28	0.06	15.1	16.0	29.3		36	—	—	—	0.4-9.1	249
0.13	0.04	9.4	6.9	12.9		20	—	—	—	2.2- 11.3	250
0.11	0.02	14.8	8.4	(155)	<1		—	—	—	—	251
0.32	0.02	9.1	2.0	0.3		22	—	12	—	0.1	252
0.24	0.02	31.9	17.0	(53)	5		—	—	—	—	253
0.54	0.06	56.5	70.0	12.2	57		—	—	0	Tr.-1.0 (R)	254
0.54	0.04	7.7	10.6	5.3		20	1	2-17	—	4.5	255
0.44	0.07	9.3	6.5	2.4		76	—	21	—	—	256
0.34	0.06	8.2	4.9	6.3		17	—	—	—	8.7	257
0.23	0.04	5.5	3.3	4.3		12	—	—	—	1.8	258
0.35	0.03	8.4	8.1	4.0		17	—	—	—	11.6	259
0.25	0.02	6.1	5.9	2.9		12	—	—	—	7.9	260
0.08	0.04	4.2	1.6	17.3		26	—	—	—	0.9	261
0.12	0.02	9.3	7.9	(47)		14	—	—	—	—	262
0.13	0.02	28.0	22.4	7.7	22		0	0	—	—	263

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Car- bohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
264	Rice, boiled	8.4	0.6	0.1	38	0.6	11	0.4	1.3
265	Rice pudding*	5.9	1.3	2.6	54	(18)	54	39.0	4.8
266	Roe, Cod's, fried	0.9	5.8	3.4	59	36.0	73	4.8	3.0
267	Roe, Herring, fried	1.3	6.6	4.5	74	24.6	68	4.5	2.3
268	Ryvita	22.4	2.1	0.6	106	(175)	133	11.5	25.7
269	Sago	26.7	0.1	0.1	110	1.0	1	2.8	0.7
270	Sago pudding*	5.8	0.9	1.1	38	13.5	43	32.8	3.9
271	Salmon, fresh, steamed	0.0	5.4	3.7	57	30.4	95	8.2	8.1
272	Salmon, tinned	0.0	5.6	1.7	39	(152)	91	18.8	8.5
273	Sardines, tinned	0.0	5.8	6.4	84	(223)	123	116.2	11.7
274	Sausage, Beef, fried	4.5	3.9	5.2	83	(321)	72	6.0	4.7
275	Sausage, Pork, fried	3.6	3.3	7.1	94	(284)	58	5.6	4.2
276	Sausage roll*	10.1	2.1	10.2	145	(115)	32	3.8	3.8
277	Scones (with egg)*	16.9	2.6	3.0	108	(48)	42	13.4	5.7
278	Scones (without egg)*	16.2	2.4	3.8	111	(47)	46	17.9	6.1
279	Scotch egg*	2.9	3.1	5.5	76	(153)	47	10.1	4.0
280	Scrambled eggs*	0.2	2.9	7.1	79	(358)	38	17.4	3.4
281	Semolina	22.0	3.3	0.5	109	3.4	47	5.2	9.1
282	Semolina pudding*	5.5	1.2	1.1	38	14.3	49	34.0	4.8
283	Shepherd's pie*	3.5	2.0	1.5	37	(105)	83	4.3	4.7
284	Shortbread*	18.2	1.9	7.7	154	(24)	26	4.5	4.3
285	Shredded Wheat	22.4	3.0	0.8	112	4.7	86	9.9	34.1
286	Skate, fried	2.1	4.3	4.7	70	51.8	67	5.5	6.6
287	Sole, fried	1.5	5.7	5.2	78	54.5	67	37.2	7.9
288	Sole, steamed	0.0	5.0	0.4	24	31.2	68	32.1	8.0
289	Spinach, cooked without added water	0.4	1.4	Tr.	8	34.9	139	169.0	16.8
290	Spring greens, boiled	0.3	0.5	Tr.	3	2.9	34	24.4	2.4
291	Steak and kidney pie*	4.8	4.4	5.4	88	(225)	69	2.9	5.9
292	Stout (per pint)†	23.0	2.2	Tr.	286	117.0	381	58.0	65.0
293	Strawberries, raw	1.8	0.2	Tr.	8	0.4	46	6.3	3.3
294	Suet	0.0	0.3	28.1	262	6.0	4	1.7	0.3

† Contains 26.7 c.c. alcohol per pint.

THE CHEMICAL COMPOSITION OF FOODS 323

Milligrams per oz. Acid-Base Value c.c. per oz. International units per oz. Milligrams per oz.

Iron	Copper	Phosphorus	Sulphur	Chlorine	$\frac{N}{10}$ Acid	$\frac{N}{10}$ Alkali	Vitamin A	Vitamin B ₁	Vitamin B ₂ (Lactoflavine)	Vitamin C (Ascorbic Acid)	No.
0.04	0.01	9.5	7.6	2.6	7		0	0	—	—	264
0.04	0.01	34.2	12.1	(38)		5	—	—	—	—	265
0.45	—	143.0	68.0	53.2	110		—	—	—	—	266
0.43	—	260.0	69.0	34.9	188		—	17 (R)	—	—	267
1.06	0.04	83.9	24.7	(266)	7		—	—	—	—	268
0.34	0.01	8.1	0.1	3.6	4		0	0	—	—	269
0.05	0.01	25.9	7.8	26.6		8	—	—	—	—	270
0.23	—	85.8	54.0	18.2	46		—	—	—	—	271
0.37	0.01	81.0	67.0	(246)	57		92	—	—	—	272
1.13	0.01	194.0	80.0	(342)	75		—	9	—	—	273
1.16	0.05	47.7	46.0	(503)	37		—	—	—	—	274
0.94	0.04	40.0	27.0	(397)	10		—	—	—	—	275
0.37	0.02	22.6	20.3	(173)	13		—	—	—	—	276
0.28	0.02	33.4	28.7	(36)	7		—	—	—	—	277
0.19	0.02	31.0	24.2	(35)		1	—	—	—	—	278
0.77	0.02	47.2	35.8	(210)	25		—	—	—	—	279
0.59	0.01	54.0	41.0	(540)	36		—	—	—	—	280
0.30	0.04	32.4	26.0	20.2	19		—	—	—	—	281
0.06	0.01	29.7	10.7	29.3		5	—	—	—	—	282
0.66	—	25.1	22.8	(166)	4		—	—	—	—	283
0.18	0.02	19.6	19.5	(40)	13		—	—	—	—	284
1.27	0.13	81.5	24.6	20.2	16		—	—	—	—	285
0.34	—	67.8	61.0	75.7	55		—	—	—	—	286
0.40	—	73.9	75.0	54.9	44		—	—	—	—	287
0.20	—	76.8	67.0	37.5	48		—	—	—	—	288
1.14	0.07	26.4	24.6	15.8		112	3340	6-20 (R)	0.016 (R)	0.6-12.6	289
0.38	0.02	8.7	8.1	4.6		12	—	—	—	—	290
1.58	—	60.5	44.4	(339)	40		—	—	—	—	291
0.78	0.67	130.0	130.0	200.0		10	—	—	0.162	—	292
0.20	0.04	6.5	3.8	5.0		10	—	—	—	15.8	293
0.11	0.01	2.0	5.7	5.1	2		—	—	—	—	294

THE CHEMICAL COMPOSITION OF FOODS—(continued)

Grams per oz.

Milligrams per oz.

No.	Food	Carbohy- drate	Pro- tein	Fat	Cal- ories per oz.	Sod- ium	Potas- sium	Cal- cium	Mag- nesium
295	Suet pudding, plain*	10.4	1.2	5.1	95	(57)	27	12.7	3.5
296	Suet pudding with raisins*	11.6	1.1	4.4	93	(51)	58	13.1	4.7
297	Sugar, Demerara	28.2	0.1	0.0	116	1.8	25	4.9	4.2
298	Sugar, White	28.4	Tr.	0.0	116	0.1	1	0.4	0.1
299	Sultanas, dried	18.4	0.5	Tr.	77	15.0	243	14.9	10.0
300	Swedes, boiled	1.1	0.3	Tr.	5	4.1	29	11.8	2.0
301	Sweetbread, stewed	0.0	6.4	2.6	51	19.6	66	4.1	4.4
302	Tapioca	27.0	0.1	Tr.	111	1.2	6	2.3	0.6
303	Tapioca pudding*	5.9	0.9	1.1	38	13.8	44	32.9	3.9
304	Tea, as purchased	0.0	4.4	0.0	17	12.6	612	121.0	72.0
305	Toad-in-the-hole*	5.3	2.2	5.8	85	(199)	46	19.0	4.5
306	Tomatoes, raw	0.8	0.3	Tr.	4	0.8	82	3.8	3.1
307	Tomatoes, fried	0.9	0.3	1.7	21	0.9	95	4.4	3.6
308	Tongue, Ox, pickled in salt and sugar	0.7	5.4	6.8	88	(532)	43	8.8	4.6
309	Tongue, Sheep's, stewed	0.0	5.1	6.8	84	22.5	31	3.2	3.7
310	Treacle, tart*	17.8	1.2	3.8	113	(73)	45	5.5	3.3
311	Trifle*	7.8	1.1	1.1	47	(14)	43	28.2	3.9
312	Tripe, stewed	0.0	5.1	0.9	29	20.4	3	36.1	2.2
313	Turkey, roast	0.0	8.6	2.2	56	36.9	104	10.9	8.0
314	Turnips, boiled	0.7	0.2	Tr.	3	8.0	45	15.6	1.9
315	Veal, roast	0.0	8.7	3.3	66	27.5	122	4.1	7.9
316	Vinegar	0.2	0.1	0.0	1	6.0	25	4.0	6.0
317	Virol	16.9	1.3	2.2	108	(106)	102	30.6	17.4
318	Vita-Weat	19.4	2.7	2.9	118	(172)	122	12.5	33.4
319	Watercress, raw	0.2	0.8	Tr.	4	17.0	89	63.0	4.8
320	Welsh rarebit*	5.9	4.3	10.1	136	(146)	34	116.4	9.3
321	White sauce, sav- oury*	2.8	1.1	2.8	42	(148)	46	32.2	4.2
322	White sauce, sweet*	5.0	1.0	2.5	48	18	42	29.5	3.8
323	Yorkshire pudding*	7.6	2.0	2.7	65	(117)	49	28.7	5.2

THE CHEMICAL COMPOSITION OF FOODS 325

Milligrams per oz. Acid-Base Value c.c. per oz. International units per oz. Milligrams per oz.

Iron	Cop- per	Phos- phorus	Sul- phur	Chlo- rine	N 10 Acid	N 10 Alkali	Vita- min A	Vita- min B ₁	Vita- min B ₂ (Lacto- flavine)	Vita- min C (Ascor- bic Acid)	No.
0.12	0.01	17.0	11.4	(44)		11	—	—	—	—	295
0.16	0.02	15.7	10.6	(38)		20	—	—	—	—	296
0.25	0.02	5.7	4.0	10.0		9	—	—	—	—	297
0.01	0.01	Tr.	Tr.	Tr.		<1	0	—	—	0	298
0.52	0.10	26.8	12.6	4.4		58	—	17	—	—	299
0.08	0.01	5.2	8.7	2.6		8	—	—	—	—	300
0.46	—	169.3	53.0	21.0	117	—	—	—	—	—	301
0.09	0.02	11.1	1.0	3.7	3	—	—	—	—	—	302
0.28	0.01	27.0	8.1	27.1		7	—	—	—	—	303
4.32	0.45	178.0	50.2	14.7		132	—	—	—	—	304
0.40	0.02	35.5	22.8	(297)	9	—	—	—	—	—	305
0.12	0.03	6.1	3.0	14.5		16	11,400	11	0.017	3.7- 11.1	306
0.14	0.03	7.1	2.6	16.8		19	—	—	—	—	307
0.85	—	65.0	57.0	(851)	67	—	—	—	—	—	308
0.97	—	56.0	53.0	22.7	53	—	—	6	—	—	309
0.29	0.02	13.1	17.8	(68)		10	—	—	—	—	310
0.13	0.01	27.2	11.2	(26)		3	—	—	—	—	311
0.45	—	37.5	41.0	8.5	23	—	—	—	—	—	312
1.08	—	91.0	66.0	34.9	55	—	—	—	—	—	313
0.10	0.01	5.4	6.0	8.9		15	—	Tr.	—	5.1	314
1.22	—	101.0	94.0	32.1	81	—	—	14	—	—	315
0.13	0.01	9.0	5.0	13.0		3	—	—	—	—	316
5.00	0.13	75.5	23.5	(169)	9	—	—	—	—	—	317
0.97	0.05	106.0	26.5	(240)	12	—	—	—	—	—	318
0.46	0.04	14.8	36.1	44.4		21	—	17	—	6.8- 21.6	319
0.19	0.02	85.7	38.3	(245)	8	—	—	—	—	—	320
0.04	0.01	27.3	10.1	(236)		6	—	—	—	—	321
0.04	0.01	25.0	9.3	34		5	—	—	—	—	322
0.19	0.02	36.4	21.1	(188)	8	—	—	—	—	—	323

TABLE II

VITAMIN D CONTENT OF FOODS

						International units per oz.
Halibut liver oil	..	..	..	..	..	5,700-114,000
Cod liver oil	..	..	..	..	..	1,700-8,500
Herring body oil	..	..	..	..	..	2,800-5,600
Salmon, Tinned	..	..	..	..	..	227
Egg yolk	..	..	..	..	..	43-142
Butter	..	..	..	..	..	2-114
Cream	..	..	..	..	..	14
Liver	..	..	..	..	..	0-14
Margarine, Vitaminised	..	.	..	..	..	30
Milk, Fresh whole	..	..	..	..	..	0.1-1.1
Milk, Evaporated tinned	..	..	..	..	..	0.7

TABLE III
 "READY RECKONER" FOR THE CALCULATION OF
 CARBOHYDRATE, PROTEIN, AND FAT IN COMMON
 FOODS, AND THEIR CALORIFIC VALUE

MILK, FRESH				
Milk.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	0.2	0.2	0.2	3
10	0.5	0.3	0.4	7
20	0.9	0.7	0.7	13
30	1.4	1.0	1.1	20
40	1.8	1.3	1.5	27
50	2.3	1.7	1.8	34
60	2.8	2.0	2.2	40
70	3.2	2.3	2.6	47
80	3.7	2.6	3.0	54
90	4.1	3.0	3.3	60
100	4.6	3.3	3.7	67
CREAM				
Cream.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	0.1	0.1	2.1	20
10	0.2	0.2	4.2	41
20	0.5	0.4	8.4	81
30	0.7	0.5	12.6	122
40	0.9	0.7	16.8	163
50	1.1	0.9	21.0	203
60	1.4	1.1	25.2	244
70	1.6	1.3	29.4	284
80	1.8	1.4	33.6	325
90	2.1	1.6	37.8	366
100	2.3	1.8	42.0	407
BUTTER				
Butter.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	—	4.3	40
10	—	—	8.5	79
20	—	0.1	17.0	158
30	—	0.1	25.6	237
40	—	0.2	34.1	316
50	—	0.2	42.6	396
60	—	0.2	51.1	475
70	—	0.3	59.6	554
80	—	0.3	68.1	633
90	—	0.4	76.6	712
100	—	0.4	85.1	793

CHEESE, CHEDDAR, OR SOFT WHOLE MILK

Cheese.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	1·2	1·7	21
10	—	2·5	3·5	42
20	—	5·0	6·9	85
30	—	7·5	10·4	127
40	—	9·9	13·8	169
50	—	12·5	17·3	211
60	—	14·9	20·7	254
70	—	17·4	24·2	296
80	—	19·9	27·6	338
90	—	22·4	31·1	381
100	—	24·9	34·5	423

MEAT, LEAN

Meat.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	1·7	0·4	11
10	—	3·3	0·8	21
20	—	6·6	1·6	42
30	—	10·0	2·5	63
40	—	13·4	3·3	85
50	—	16·7	4·1	106
60	—	20·0	4·9	127
70	—	23·3	5·7	148
80	—	26·7	6·6	169
90	—	30·0	7·4	190
100	—	33·3	8·2	211

MEAT, AVERAGE

Meat.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	1·3	1·0	15
10	—	2·5	2·0	29
20	—	5·0	4·1	59
30	—	7·5	6·1	88
40	—	10·0	8·2	117
50	—	12·5	10·2	146
60	—	15·0	12·2	176
70	—	17·5	14·3	205
80	—	20·0	16·3	234
90	—	22·5	18·4	264
100	—	25·0	20·4	293

CHICKEN (OR RABBIT), BOILED

Chicken.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	1·3	0·5	10
10	—	2·6	1·0	20
20	—	5·2	2·1	41
30	—	7·9	3·1	61
40	—	10·5	4·1	82
50	—	13·1	5·2	102
60	—	15·7	6·2	122
70	—	18·4	7·2	142
80	—	21·0	8·2	163
90	—	23·6	9·3	183
100	—	26·2	10·3	203

BACON, RAW

Bacon.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	0·6	2·7	28
10	—	1·3	5·4	55
20	—	2·5	10·8	111
30	—	3·8	16·2	166
40	—	5·0	21·6	221
50	—	6·3	27·0	276
60	—	7·5	32·4	332
70	—	8·8	37·8	387
80	—	10·0	43·2	443
90	—	11·3	48·6	498
100	—	12·5	54·0	553

HAM, LEAN

Ham.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	1·2	0·7	11
10	—	2·3	1·3	22
20	—	4·6	2·7	44
30	—	6·9	4·0	66
40	—	9·2	5·4	88
50	—	11·5	6·7	110
60	—	13·8	8·1	132
70	—	16·1	9·4	154
80	—	18·4	10·8	175
90	—	20·7	12·1	197
100	—	23·1	13·4	219

FISH, STEAMED

Fish.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	—	0.9	—	4
10	—	1.8	0.1	8
20	—	3.6	0.2	16
30	—	5.4	0.3	25
40	—	7.2	0.4	33
50	—	9.0	0.5	41
60	—	10.8	0.5	49
70	—	12.6	0.6	57
80	—	14.4	0.7	65
90	—	16.2	0.8	74
100	—	18.0	0.9	82

HERRINGS, COVERED WITH OATMEAL AND FRIED

Herrings.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	0.1	1.1	0.8	12
10	0.2	2.2	1.5	27
20	0.3	4.4	3.0	47
30	0.5	6.5	4.5	71
40	0.6	8.7	6.0	94
50	0.8	10.9	7.6	118
60	0.9	13.1	9.1	142
70	1.1	15.2	10.6	165
80	1.2	17.4	12.1	189
90	1.4	19.6	13.6	212
100	1.5	21.8	15.1	236

JAM OR MARMALADE

Jam.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	3.5	—	—	14
10	6.9	0.1	—	29
20	13.9	0.1	—	57
30	20.8	0.2	—	86
40	27.7	0.2	—	114
50	34.7	0.3	—	143
60	41.6	0.4	—	173
70	48.6	0.4	—	202
80	55.5	0.5	—	230
90	62.5	0.5	—	259
100	69.4	0.6	—	287

BREAD, WHITE

Bread.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	2.7	0.4	—	13
10	5.4	0.8	0.1	26
20	10.7	1.6	0.1	52
30	16.1	2.4	0.2	78
40	21.4	3.2	0.3	104
50	26.8	4.0	0.4	130
60	32.2	4.7	0.4	156
70	37.5	5.5	0.5	182
80	42.9	6.3	0.6	208
90	48.2	7.1	0.6	234
100	53.7	7.9	0.7	260

FLOUR

Flour.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	4.0	5.0	—	19
10	8.0	1.1	0.1	38
20	16.0	2.1	0.2	76
30	24.0	3.2	0.3	114
40	32.0	4.3	0.4	152
50	40.0	5.4	0.5	190
60	48.0	6.4	0.5	228
70	56.0	7.5	0.6	266
80	64.0	8.6	0.7	304
90	72.0	9.6	0.8	342
100	80.0	10.7	0.9	380

BISCUITS, WATER

Biscuits.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	3.6	0.6	0.6	23
10	7.3	1.2	1.3	46
20	14.6	2.4	2.5	93
30	21.8	3.5	3.7	139
40	29.1	4.7	5.0	185
50	36.4	5.9	6.2	231
60	43.6	7.1	7.5	277
70	50.9	8.3	8.7	324
80	58.2	9.4	10.0	370
90	65.5	10.6	11.2	416
100	72.8	11.8	12.5	462

OATMEAL OR QUAKER OATS, RAW

Oatmeal.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	3.6	0.7	0.4	22
10	7.3	1.3	0.9	43
20	14.6	2.7	1.7	87
30	21.8	4.0	2.6	130
40	29.1	5.3	3.5	174
50	36.4	6.7	4.4	217
60	43.7	8.0	5.2	260
70	51.0	9.3	6.1	303
80	58.2	10.6	7.0	347
90	65.5	12.0	7.8	391
100	72.8	13.3	8.7	434

RICE

Rice.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	4.3	0.3	0.1	20
10	8.7	0.7	0.1	39
20	17.4	1.4	0.2	79
30	26.0	2.0	0.3	118
40	34.7	2.7	0.4	157
50	43.4	3.4	0.5	196
60	52.1	4.1	0.6	236
70	60.8	4.8	0.7	275
80	69.4	5.4	0.8	314
90	78.0	6.1	0.9	353
100	86.8	6.8	1.0	393

POTATOES, OLD, BOILED

Potatoes.	C.	P.	F.	Cals.
g.	g.	g.	g.	
5	1.0	0.1	—	4
10	2.0	0.1	—	9
20	3.9	0.3	—	17
30	5.9	0.4	—	26
40	7.9	0.6	—	35
50	9.9	0.7	—	44
60	11.8	0.8	—	52
70	13.8	1.0	—	61
80	15.8	1.1	—	70
90	17.7	1.3	—	78
100	19.7	1.4	—	87

TABLE IV

PROTEIN AND FAT FOODS

The following portions contain about 7 g. protein and 7 g. fat, and may be exchanged one for another without causing any significant difference in food values.

MEAT	g.	oz.	FISH	g.	oz.
Beef, roast ..	26	1	Herring, kipper or bloater ..	32	1
Ham (lean), boiled	30	1	Salmon	37	1½
Duck, roast ..	30	1	Sardines	34	1½
Mutton, roast ..	28	1	Mackerel	35	1½
Pork, roast ..	28	1			
Cheese	28	1	1 egg	57	2

With the addition of ½ oz. butter

Tripe, stewed ..	39	1½	White fish, steamed ..	36	1½
Chicken, boiled or roast ..	25	1	Smoked haddock	31	1
Rabbit, stewed ..	26	1			
Game, roast ..	22	¾			
Veal	23	¾			

With the reduction of ½ oz. butter

Bacon, fried ..	29	1
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With the reduction of 1 oz. butter

Bacon, raw ..	56	2
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Notes.—1 oz. gelatine contains 26 g. protein.

TABLE V

5-GRAM CARBOHYDRATE PORTIONS OF FOOD

(Edible portions unless otherwise stated)

Cereal Foods

	g.	oz.		g.	oz.
Biscuit (plain) ..	7	$\frac{1}{4}$	Grapenuts	7	$\frac{1}{4}$
Bread (white or brown)	10	$\frac{1}{2}$	Oatmeal or Quaker Oats	7	$\frac{1}{4}$
Cornflakes	6	$\frac{1}{2}$	Rice or tapioca ..	6	$\frac{1}{2}$
Cornflour	5	$\frac{1}{4}$	Ryvita or Vita-weat	7	$\frac{1}{4}$
Flour	6	$\frac{1}{2}$	Shredded Wheat ..	6	$\frac{1}{2}$
Force or Post Toasties	6	$\frac{1}{2}$	Toast	8	$\frac{1}{2}$

Beverages and Invalid Foods

Benger's Food ..	6	$\frac{1}{2}$	Instant Postum ..	7	$\frac{1}{4}$
Bournvita	7	$\frac{1}{4}$	Ovaltine	8	$\frac{1}{4}$
Cocoa	14	$\frac{1}{2}$	Virol	8	$\frac{1}{4}$
Horlick's Malted Milk	7	$\frac{1}{4}$			

Miscellaneous High Carbohydrate Foods

Chocolate (plain or milk)	9	$\frac{1}{4}$	Honey	7	$\frac{1}{4}$
Golden syrup or treacle	7	$\frac{1}{4}$	Jam	7	$\frac{1}{4}$
			Marmalade	7	$\frac{1}{4}$
			Sugar	5	$\frac{1}{4}$

Milk

Whole cow's milk	100 c.c.	$3\frac{1}{2}$	Unsweetened condensed milk ..	43	$1\frac{1}{2}$
Skimmed milk ..	100 c.c.	$3\frac{1}{2}$			

Vegetables, Raw

Onions, Spring ..	59	2	Radishes	180	$6\frac{1}{2}$
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Vegetables, Boiled

Beetroot	50	2	Peas (fresh green)	65	$2\frac{1}{2}$
Butter or Haricot beans	29	1	Peas (dried) ..	26	1
Carrots	116	4	Potatoes (old or new)	26	1
Leeks	109	4	Swedes	132	$4\frac{1}{2}$
Onions	185	$6\frac{1}{2}$	Turnips	218	$7\frac{1}{2}$
Parsnips	37	$1\frac{1}{2}$			

THE CHEMICAL COMPOSITION OF FOODS 335

				Nuts			
	g.	oz.			g.	oz.	
Almonds * ..	116	3½		Cob nuts * ..	73	2½	
Barcelona nuts * ..	96	3½		Peanuts * ..	58	2	
Brazil nuts * ..	122	3½		Walnuts * ..	100	3½	
Chestnuts ..	14	½					
				Fruit			
Apple (raw) ..	42	1½		Greengages (raw) ;			
Apple (stewed) ..	114	4		weight includes			
Apricot (fresh) ;				stones ..	45	1½	
weight includes				Greengages (stewed) ;			
stones ..	82	3		weight includes			
Apricot (dried				stones ..	66	2½	
stewed) ..	28	1		Liches ..	40	1½	
Avocado pear * ..	200	7		Loganberries ..	147	5	
Banana ..	26	1		Medlars ..	96	3½	
Blackberries (raw)	78	2½		Melon (yellow or			
Blackberries				water) ..	97	3½	
(stewed) ..	156	5½		Mulberries ..	62	2	
Cherries (raw) ;				Nectarine ; weight			
weight includes				includes stones ..	44	1½	
stones ..	49	1½		Orange or tangerine	59	2	
Cherries (stewed) ;				Orange juice ..	53	2	
weight includes				Passion fruit ..	81	3	
stones ..	122	4½		Peach (fresh) ;			
Cranberries ..	142	5		weight includes			
Currants (black,				stones ..	63	2½	
red or white,				Peach (dried,			
raw) ..	91	3½		stewed) ..	28	1	
Currants (black,				Pear (raw) ..	47	1½	
red or white,				Pear (stewed) ..	74	2½	
stewed) ..	129	4½		Pineapple (fresh)	43	1½	
Custard apple ..	27	1		Plum (raw) ; weight			
Damsons (stewed) ;				includes stones ..	55	2	
weight includes				Plum (stewed) ;			
stones ..	74	2½		weight includes			
Dates ; weight in-				stones ..	79	2½	
cludes stones ..	8	½		Pomegranate			
Figs (fresh, raw) ..	52	2		(whole) ..	77	2½	
Figs (dried, raw) ..	9	½		Prunes (dried,			
Figs (dried, stewed)	17	½		stewed) ; weight			
Gooseberries (ripe,				includes stones ..	32	1	
raw) ..	54	2		Quince ..	80	3	
Gooseberries (un-				Raisins ..	8	½	
ripe, stewed) ..	282	10		Raspberries (raw)	89	3	
Grapefruit ..	94	3½		Raspberries (stewed)	132	4½	
Grapes (white or				Strawberries ..	83	2½	
black) ..	31	1		Tomatoes ..	177	6½	

* These foods in the amounts given contain appreciable quantities of fat.

Cakes and Pastry (Recipes, pp. 250-252.)

	g.	oz.		g.	oz.
Buns, Currant ..	9	$\frac{1}{2}$	Cake, Sponge ..	9	$\frac{1}{2}$
Buns, Rock ..	8	$\frac{1}{2}$	Doughnuts ..	10	$\frac{1}{2}$
Cake, Cherry ..	9	$\frac{1}{2}$	Gingerbread ..	8	$\frac{1}{2}$
Cake, Chocolate ..	9	$\frac{1}{2}$	Jam tarts ..	8	$\frac{1}{2}$
Cake, Coconut ..	9	$\frac{1}{2}$	Mince pies ..	12	$\frac{1}{2}$
Cake, Currant ..	8	$\frac{1}{2}$	Pastry, flaky ..	12	$\frac{1}{2}$
Cake, Dundee ..	8	$\frac{1}{2}$	Pastry, short ..	9	$\frac{1}{2}$
Cake, Orange ..	9	$\frac{1}{2}$	Scones (with egg) ..	8	$\frac{1}{2}$
Cakes, Queen ..	9	$\frac{1}{2}$	Scones (without egg) ..	9	$\frac{1}{2}$
Cakes, Rock ..	8	$\frac{1}{2}$	Shortbread ..	8	$\frac{1}{2}$

Puddings (Recipes, pp. 253-258.)

Apple Charlotte ..	18	$\frac{1}{2}$	Jelly, plain ..	26	I
Apple dumpling ..	18	$\frac{1}{2}$	Jelly, milk ..	24	$\frac{1}{2}$
Apple pudding ..	16	$\frac{1}{2}$	Omelette, Jam ..	19	$\frac{1}{2}$
Apple tart ..	15	$\frac{1}{2}$	Pancakes ..	14	$\frac{1}{2}$
Banana custard ..	28	I	Plum tart ..	16	$\frac{1}{2}$
Blancmange ..	28	I	Queen of puddings ..	22	$\frac{1}{2}$
Bread and butter pudding ..	30	I	Rhubarb tart ..	17	$\frac{1}{2}$
Cabinet pudding ..	25	I	Rice pudding ..	24	$\frac{1}{2}$
Canary pudding ..	9	$\frac{1}{2}$	Sago pudding ..	25	I
Castle pudding ..	11	$\frac{1}{2}$	Semolina pudding ..	26	I
Chocolate mould ..	24	$\frac{1}{2}$	Suet pudding, plain ..	14	$\frac{1}{2}$
College pudding ..	10	$\frac{1}{2}$	Suet pudding with raisins ..	12	$\frac{1}{2}$
Custard, Egg ..	53	2	Tapioca pudding ..	24	$\frac{1}{2}$
Custard powder ..	30	I	Treacle tart ..	8	$\frac{1}{2}$
Dumpling ..	21	$\frac{1}{2}$	Trifle ..	18	$\frac{1}{2}$
Gooseberry tart ..	16	$\frac{1}{2}$	White sauce, sweet ..	29	I
Jam roll, baked ..	9	$\frac{1}{2}$	Yorkshire pudding ..	19	$\frac{1}{2}$

Savoury Dishes (Recipes, pp. 259-263.)

Beefsteak pudding ..	23	$\frac{1}{2}$	Macaroni cheese ..	33	$\frac{1}{2}$
Bread sauce ..	39	$\frac{1}{2}$	Onion sauce ..	73	$\frac{1}{2}$
Buck rarebit ..	31	I	Potato soup ..	45	$\frac{1}{2}$
Cheese sauce ..	57	2	Sausage roll ..	14	$\frac{1}{2}$
Cheese straws ..	19	$\frac{1}{2}$	Scotch egg ..	49	$\frac{1}{2}$
Curried meat ..	58	2	Shepherd's pie ..	41	$\frac{1}{2}$
Egg sauce ..	60	2	Steak and kidney pie ..	30	I
Fish cakes ..	51	$\frac{1}{2}$	Toad-in-the-hole ..	27	I
Fish pie ..	76	$\frac{1}{2}$	Welsh rarebit ..	24	$\frac{1}{2}$
Hotpot ..	44	$\frac{1}{2}$	White sauce, savoury ..	51	$\frac{1}{2}$
Irish stew ..	64	$\frac{1}{2}$			
Kedgeree ..	50	$\frac{1}{2}$			

THE CHEMICAL COMPOSITION OF FOODS 337

The following contain little or no carbohydrate and need not be weighed in diabetic diets :

Vegetables	Other Foods
Asparagus	Tea
Brussels sprouts	Coffee, ground
Cabbage	Lemon juice
Cauliflower	Soda water
Celery	Meat extract or Marmite
Cucumber	Clear meat, rabbit or chicken soup
French beans	Vinegar
Lettuce	Saccharine
Mushrooms	Salt
Mustard and cress	Pepper
Rhubarb	Mustard
Spinach	Cloves
Watercress	Nutmeg
	Cinnamon
	Curry powder

TABLE VI

5-GRAM MEASURES OF CARBOHYDRATE FOODS

(For use in an emergency)

Sugar	.. 1 large lump.
Glucose or lactose	.. 1 heaped teaspoon.
Milk	.. 7 tablespoons.
Horlick's Malted Milk.. .. .	.. 1 heaped teaspoon.
Orange juice	.. 4 tablespoons.
Benger's Food	.. 1 level teaspoon.
Ovaltine or Bournvita.. .. .	.. 1 very full teaspoon.

TABLE VII

1-15-GRAM CARBOHYDRATE PORTIONS OF FRUITS AND VEGETABLES

(Weights are given in grams)

FRUIT	HOW WEIGHED	GRAMS CARBOHYDRATE														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Apples, average eating, raw.	With skin and core ..	11	22	33	44	54	65	76	87	98	109	120	131	141	152	163
Apples, stewed	..	23	45	68	91	114	136	159	182	205	227	250	273	295	318	341
Apricots, fresh	With stones ..	16	33	49	65	82	98	114	131	147	163	180	196	213	229	245
Apricots, dried, stewed	..	6	11	17	22	28	34	39	45	50	56	62	68	73	79	85
Bananas	Without skin ..	5	10	16	21	26	31	36	42	47	52	57	63	68	73	78
Blackberries, stewed	..	31	62	93	124	156	187	218	249	280	312	343	374	405	436	468
Cherries, eating, raw.	With stones and stalks..	10	19	29	39	48	58	67	77	87	96	106	116	125	135	144
Cherries, stewed	With stones ..	24	49	73	98	122	146	171	195	220	244	269	293	317	342	366
Currants, black, red or white, stewed	..	26	52	77	103	129	155	180	206	232	258	284	310	335	361	387
Damsons, stewed	With stones ..	15	30	44	59	74	89	103	118	133	148	163	177	192	207	222
Dates ..	With stones ..	2	3	5	6	8	10	11	13	14	16	18	19	21	22	24
Figs, fresh	..	10	20	31	41	52	62	73	83	93	104	114	124	135	145	155
Figs, dried, stewed	..	3	7	10	14	17	20	24	27	31	34	37	41	44	47	51
Gooseberries, ripe.	Topped and tailed..	11	22	33	43	54	65	76	87	98	109	119	130	141	152	163
Grapes, black or white.	With skins, pips and stalks ..	7	13	20	26	33	39	46	52	59	65	72	78	85	91	98
Grapefruit ..	No skin, pith or pips ..	19	38	56	75	94	113	131	150	169	188	206	225	244	263	281
Greengages ..	With skins and stones	9	18	27	36	45	54	63	72	81	90	99	108	116	125	134

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Greengages, stewed.	13	26	40	53	66	79	93	106	119	132	145	159	172	185	198
Melon ..	19	39	58	78	97	117	136	155	175	194	214	233	252	272	292
Oranges	12	24	35	47	59	71	82	94	106	117	129	141	153	165	176
Orange juice ..	11	21	32	42	53	64	74	85	95	106	117	128	138	148	159
Peaches ..	13	25	38	51	63	76	89	102	114	127	140	152	165	178	190
Pears, average	13	26	39	52	66	79	92	105	118	131	144	157	170	183	197
Pears, stewed..	15	29	44	59	74	88	103	118	132	147	162	177	191	206	221
Pineapple, fresh	9	17	26	34	43	52	60	69	77	86	95	103	112	120	129
Plums, dessert	11	22	33	44	55	66	77	88	99	110	121	132	143	154	165
Plums, cooking	18	35	53	71	88	106	124	141	159	177	194	212	230	247	265
Plums, stewed	16	32	47	63	79	95	110	126	142	158	174	190	206	221	237
Prunes, stewed	6	13	19	25	32	38	44	51	57	63	70	76	82	89	95
Raspberries ..	18	36	53	71	89	107	125	143	160	178	196	214	232	250	267
Strawberries ..	17	33	50	66	83	100	116	133	149	166	183	199	216	232	249
VEGETABLE															
(Boiled except where otherwise stated)															
Artichokes ; Brussels sprouts ; cucumber, raw ..	59	118	176	235	294	353	412	470	529	588	647	706	764	824	882
Beans, butter ..	6	12	17	23	29	35	41	44	52	58	64	70	75	81	87
Beetroot ..	13	25	38	50	63	75	88	100	113	125	138	150	163	175	188
Cabbage ; cauliflower ; French and runner beans ; spinach ..	90	180	270	360	450	540	630	720	810	900	990	1080	1170	1260	1350
Carrots ..	23	47	70	93	116	140	163	186	209	233	256	279	302	326	349
Leeks ..	22	43	65	87	109	130	152	174	196	217	239	261	283	304	326
Marrow ..	71	143	214	286	357	428	500	572	643	714	785	856	928	1000	1072
Onions ..	37	74	111	148	185	222	259	296	333	370	407	444	481	519	556
Parsnips ..	7	15	22	29	37	44	52	59	66	74	81	89	96	104	111
Peas, fresh green ..	13	26	39	52	65	78	91	104	117	130	143	156	169	182	195
Potatoes, peas (dried)	5	10	16	21	26	31	36	42	47	52	57	62	68	73	78
Sweet ..	26	53	79	105	132	158	185	211	237	264	290	317	343	369	396
Swedes ..	35	71	106	142	177	212	248	284	319	354	389	424	460	496	532
Tomatoes, raw ..	35	71	106	142	177	212	248	284	319	354	389	424	460	496	532
Turnips ..	43	87	130	174	218	261	304	348	391	435	478	522	565	609	652

TABLE VII

1-15-GRAM CARBOHYDRATE PORTIONS OF FRUITS AND VEGETABLES

(Weights are given in grams)

FRUIT	HOW WEIGHED	GRAMS CARBOHYDRATE														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Apples, average eating, raw.	With skin and core ..	11	22	33	44	54	65	76	87	98	109	120	131	141	152	163
Apples, stewed	..	23	45	68	91	114	136	159	182	205	227	250	273	295	318	341
Apricots, fresh	With stones ..	16	33	49	65	82	98	114	131	147	163	180	196	213	229	245
Apricots, dried, stewed	..	6	11	17	22	28	34	39	45	50	56	62	68	73	79	85
Bananas	Without skin ..	5	10	16	21	26	31	36	42	47	52	57	63	68	73	78
Blackberries, stewed	..	31	62	93	124	156	187	218	249	280	312	343	374	405	436	468
Cherries, eating, raw.	With stones and stalks ..	10	19	29	39	48	58	67	77	87	96	106	116	125	135	144
Cherries, stewed	With stones ..	24	49	73	98	122	146	171	195	220	244	269	293	317	342	366
Currants, black, red or white, stewed	..	26	52	77	103	129	155	180	206	232	258	284	310	335	361	387
Danmons, stewed	With stones ..	15	30	44	59	74	89	103	118	133	148	163	177	192	207	222
Dates ..	With stones ..	2	3	5	6	8	10	11	13	14	16	18	19	21	22	24
Figs, fresh	..	10	20	31	41	52	62	73	83	93	104	114	124	135	145	155
Figs, dried, stewed	..	3	7	10	14	17	20	24	27	31	34	37	41	44	47	51
Gooseberries, ripe.	Topped and tailed ..	11	22	33	43	54	65	76	87	98	109	119	130	141	152	163
Grapes, black or white.	With skins, pips and stalks ..	7	13	20	26	33	39	46	52	59	65	72	78	85	91	98
Grapefruit	No skin, pith or pips ..	19	38	56	75	94	113	131	150	169	188	206	225	244	263	281
Greengages	With skins and stones ..	9	18	27	36	45	54	63	72	81	90	99	108	116	125	134

TABLE VIII
COMPOSITION OF ALCOHOLIC BEVERAGES*

	Sugar in 100 c.c. (3½ oz.) grams	Alcohol in 100 c.c. (3½ oz.) c.c.
Wines—		
Bordeaux—		
Vin Ordinaire	0.1	7
Claret	0.2	9
Californian Claret	0.15	9
Grâves	0.4	9
Sauterne, dry	1.0	12
Sauterne, sweet	2.3	12
Burgundy—		
Average	0.2	11
Australian	0.3	11
Beaune	0.3	11
Californian	0.2	11
Chablis	1.2	9
Pommard	0.2	12
Champagne, dry	1.9	12
Hock	0.0	8
Italian, dry	0.3	10
Madeira	2.0	15
Marsala	3.5	16
Moselle	0.25	8
Port	6.8	17
Sherry, dry	2.0	17
Sherry, sweet	4.0	17
Spirits—		
Brandy, old	0	45
Gin, dry, pre-1914	0	30
Rum, pre-1914	0	43
Rum, Jamaica	0	69
Whisky, pre-1914	0	40-45
Whisky, post-1914	0	20-25

* From R. D. Lawrence, *The Diabetic Life*, 1939.

THE CHEMICAL COMPOSITION OF FOODS 341

	Sugar in 100 c.c. (3½ oz.) grams	Alcohol in 100 c.c. (3½ oz.) c.c.
Liqueurs, etc.—		
Absinthe	0	45-55
Benedictine	33	40-50
Brandy	0	45
Chartreuse	34	43
Crème de Menthe ..	28	48
Curaçao	29	30-45
Kummel	31	35-55
Vermouth	9.5	14-16
Beers, etc.—		
Ale, beer	4-8	4-5
Cider	0.7-2.0	5-6
Porter, stout	7	5

All sweet wines and liqueurs are forbidden for diabetics, and other alcoholic drinks should be taken only on the physician's prescription. Patients suffering from high blood pressure or gout should avoid alcohol in any form.

MODERN DIETARY TREATMENT

TABLE IX
PURINES IN FOODS.

Foods Rich in Purines				Purine nitrogen Grams per 100 grams
Herring roe (soft)	..	..	..	0·48
Sweetbreads	..	..	..	0·43
Whitebait	..	..	..	0·34
Sprats	..	..	..	0·25
Sardines	..	..	..	0·23
Heart..	..	..	..	0·17
Herring	..	..	..	0·17
Mussels	..	..	..	0·15
Liver ..	..	..	..	0·14
Kidney	..	..	..	0·14
Bloater	..	..	..	0·13
Cod's roe	..	..	..	0·12
Goose..	..	..	..	0·10
Venison	..	..	..	0·10
Pheasant	..	..	..	0·10
Trout	..	..	..	0·09
Veal ..	..	..	..	0·09
Mutton	..	..	..	0·08
Haddock	..	..	..	0·08
Salmon	..	..	..	0·08
Pork ..	..	..	..	0·07
Chicken	..	..	..	0·07
Bacon	..	..	..	0·07
Cod ..	..	..	..	0·06
Ham ..	..	..	..	0·06
Beef ..	..	..	..	0·06
Crab ..	..	..	..	0·06
Beverages Rich in Purines				
Marmite	..	..	..	0·36
Bovril ..	..	..	..	0·32
Oxo cubes	..	..	..	0·24
Tea, dry	..	..	..	0·07
Coffee, ground	..	..	..	0·04
Foods Poor in Purines				
(Less than 0·06 g. of purine nitrogen per 100 g.)				
Peas	White flour and other		Corned beef	
Beans	refined cereals		Brains	
Lentils	Tea infusion		Tripe	
Nuts	Root vegetables		Eggs	
White bread	Green-leaf vegetables		Coffee infusion	
Foods Free from Purines				
Milk, fresh or tinned	Margarine		Jam	
Cheese	Sugar		Marmalade	
Cream and butter	Fruit		Honey	

TABLE X
ROUGHAGE IN FOODS

Foods high in Roughage	Foods with little or no Roughage
Bread, brown or wholemeal	Biscuits, plain (not digestive)
Digestive or coconut biscuits or macaroons	Bread, white
Flour, wholemeal	Butter
Fruit, dried or fresh, with edible pips or skins	Cake, Madeira or sponge
Green vegetables	Cheese
Jam with pips or skins	Cornflour
Nuts	Cream
Oatmeal or Quaker Oats	Eggs
Peas and beans	Fish, steamed (no bones)
	Flour, white
	Golden syrup or black treacle
	Grape juice
	Honey
	Jelly
	Lemon juice, strained
	Meat
	Milk
Foods with moderate amounts of Roughage	Orange or other fruit juice, strained
Fruit (no pips or skins)	Rusks
Root and stem vegetables	Sugar
	Tomato juice, strained

TABLE XI

*OXALIC ACID IN FOODS**

Oxalic Acid Grams per 100 grams			Oxalic Acid Grams per 100 grams		
Spinach	0.890		Potatoes	0.0057	
Rhubarb	0.500		Broccoli	0.0054	
Gooseberries, green	0.088		Asparagus	0.0052	
Carrots	0.033		Pears	0.0030	
Oranges	0.024		Cherries, cooking	0.0011	
Redcurrants	0.019		Grapes	0.0025	
Strawberries	0.019		Peaches	0.0005	
Blackberries	0.018		Apples	0	
Raspberries.. ..	0.015		Cauliflower	0	
Turnip tops	0.015		Cherries, eating	0	
Apricots	0.014		Cucumber	0	
Damsons	0.010		Grapefruit	0	
Parsnips	0.010		Greengages	0	
Cabbage	0.0077		Lemon juice	0	
Tomatoes	0.0075		Melons	0	
Lettuce	0.0071		Nectarines	0	
Bananas	0.0064		Peas	0	
Pineapple, tinned	0.0063		Radishes	0	
Prunes	0.0058		Turnips	0	

* From Kohman, E. F. (1939). Oxalic Acid in Foods and its Behaviour and Fate in the Diet, *Journal of Nutrition*, vol. 18, p. 233.

TABLE XII
PORTIONS OF FOOD CONTAINING 0.05 g. OF
POTASSIUM

Cereal Foods			
	g.	oz.	
Arrowroot ..	278	9½	Cornflour 82 3
Biscuits, Cream crackers ..	39	1¼	Flour, white .. 35 1¼
Biscuits, Digestive ..	16	½	Oatmeal or Quaker
Biscuits, Sweet or water ..	36	1¼	Oats 14 ½
Bread, White ..	43	1½	Rice 44 1½
Bread, Wholemeal or Hovis ..	21	¾	Rusks 18 ¾
			Tapioca 250 9

Meat, Fish and Dairy Products			
	g.	oz.	
Bacon, raw weight	23	¾	Milk, evaporated, unsweetened .. 12 ½
Beef, Corned ..	43	1½	Milk, whole or skim- med condensed, sweetened .. 10 ½
Beef, roast or boiled	15	½	Mutton, boiled .. 18 ¾
Beef, stewed ..	33	1¼	Mutton, roast .. 14 ½
Butter, " fresh " ..	333	12	Mutton, neck, stewed 27 1
Cheese, Cream ..	106	3¾	Plaice, steamed .. 18 ¾
Cheese, Cheddar ..	43	1½	Pork, roast or salt, boiled 16 ½
Cheese, Packet ..	58	2	Rabbit, stewed .. 24 ¾
Chicken, roast or boiled ..	14	½	Salmon, fresh steamed, or tinned 15 ½
Cod, steamed or fried ..	14	½	Sardines, tinned .. 12 ½
Crab, boiled ..	18	¾	Sole, steamed .. 21 ¾
Cream (40%) ..	55	2	Sweetbreads, stewed 22 ¾
Haddock, fresh or dried, steamed	16	½	Tripe, stewed .. 473 17 ½
Hake, steamed or fried ..	16	½	Veal, roast .. 12 ½
Ham, lean, boiled	11	½	
Kidney, ox, stewed	30	1	
Lobster, boiled ..	19	¾	
Margarine, unsalted	1000	35	
Milk, fresh, whole	31	1	

1 egg contains 70 mg. potassium.

Miscellaneous			
	g.	oz.	
Chocolate, plain or milk ..	11	½	Honey 95 3½
Cocoa ..	9	½	Jam 37 1½
Golden syrup ..	21	¾	Marmalade .. 118 4½

Nuts

	g.	oz.		g.	oz.
Almonds	6	$\frac{1}{4}$	Cobnuts	14	$\frac{1}{2}$
Barcelona nuts ..	5	$\frac{1}{4}$	Coconut, desiccated	7	$\frac{1}{4}$
Brazil nuts	7	$\frac{1}{2}$	Peanuts	7	$\frac{1}{4}$
Chestnuts	10	$\frac{1}{2}$	Walnuts	7	$\frac{1}{4}$

Fruit

	g.	oz.		g.	oz.
*Apples, eating, raw	55	2	Lemon juice ..	36	$1\frac{1}{4}$
Apples, stewed ..	89	3	Loganberries, raw	19	$\frac{3}{4}$
*Apricots, fresh,			Melon	18	$\frac{3}{4}$
raw	18	$\frac{3}{4}$	Orange or orange		
Apricots, dried,			juice	26	1
stewed	5	$\frac{1}{4}$	*Peaches, fresh,		
Bananas	14	$\frac{1}{2}$	raw	22	$\frac{1}{2}$
Blackberries,			Peaches, dried,		
stewed	47	$1\frac{1}{2}$	stewed	13	$\frac{1}{2}$
Blackcurrants,			*Pears, eating, raw	55	2
stewed	19	$\frac{3}{4}$	Pears, stewed ..	71	$2\frac{1}{2}$
*Cherries, raw ..	21	$\frac{3}{4}$	Pineapple, raw ..	20	$\frac{3}{4}$
*Cherries, stewed ..	41	$1\frac{1}{2}$	Plums, raw	28	1
Currants, dried ..	7	$\frac{1}{4}$	*Plums, stewed ..	28	1
*Damsons, raw ..	19	$\frac{3}{4}$	Prunes, stewed ..	17	$\frac{3}{4}$
*Damsons, stewed	25	1	Raisins, dried ..	6	$\frac{1}{4}$
Figs, green, raw ..	19	$\frac{3}{4}$	Raspberries, raw ..	22	$\frac{1}{2}$
Figs, dried, stewed	9	$\frac{1}{4}$	Raspberries, stewed	33	$1\frac{1}{4}$
Gooseberries, ripe,			Redcurrants, raw	18	$\frac{3}{4}$
raw	30	1	Redcurrants,		
Gooseberries,			stewed	25	1
stewed	47	$1\frac{1}{2}$	Rhubarb, stewed ..	17	$\frac{3}{4}$
*Grapes	20	$\frac{3}{4}$	Strawberries ..	31	1
Grapefruit	22	$\frac{3}{4}$	Sultanas, dried ..	6	$\frac{1}{4}$
*Greengages, raw ..	17	$\frac{1}{4}$	Tomatoes, raw ..	17	$\frac{3}{4}$
*Greengages, stewed	26	1			

* Weighed with stones, or skin and core.

Vegetables

	g.	oz.		g.	oz.
Asparagus, boiled			Brussels sprouts,		
(weighed as served)	59	2	boiled	20	$\frac{3}{4}$
Beans, Broad,			Cabbage, boiled ..	35	$1\frac{1}{4}$
boiled	22	$\frac{3}{4}$	Carrots, boiled ..	57	2
Beans, French or			Cauliflower, boiled	33	1
Runner, boiled ..	53	$1\frac{1}{2}$	Celery, raw	18	$\frac{3}{4}$
Beetroot, boiled ..	14	$\frac{1}{2}$	Celery, boiled ..	37	$1\frac{1}{2}$

THE CHEMICAL COMPOSITION OF FOODS 347

Vegetables—continued.

	g.	oz.		g.	oz.
Cucumber, raw ..	36	1 $\frac{1}{2}$	Potatoes, baked in skin ..	8	$\frac{1}{2}$
Leeks, boiled ..	18	$\frac{2}{3}$	Potatoes, chips ..	5	$\frac{1}{3}$
Lentils, raw ..	8	$\frac{1}{3}$	Potatoes, roast ..	7	$\frac{1}{4}$
Lentils, boiled ..	23	$\frac{3}{4}$	Potatoes, new, boiled	15	$\frac{1}{2}$
Lettuce, raw ..	24	$\frac{3}{4}$	Radishes, raw ..	21	$\frac{3}{4}$
Marrow, boiled ..	59	2	Spinach, cooked without water ..	10	$\frac{1}{2}$
Onions, boiled ..	64	2 $\frac{1}{2}$	Spring greens, boiled ..	42	1 $\frac{1}{2}$
Onions, Spring, raw ..	22	$\frac{3}{4}$	Swedes, boiled ..	49	1 $\frac{3}{4}$
Parsnips, boiled ..	17	$\frac{2}{3}$	Turnips, boiled ..	32	1
Peas, fresh, boiled	29	1	Watercress, raw ..	16	$\frac{1}{2}$
Peas, dried, boiled	19	$\frac{2}{3}$			
Potatoes, old, boiled	11	$\frac{1}{3}$			

TABLE XIII

AVAILABLE (INORGANIC) IRON IN FOODS

	Available iron as per cent. of total iron		Available iron as per cent. of total iron
Apples	95	Figs, fresh or dried ..	96
Apricots, fresh or dried	100	Flour, White	93
Bacon	29	Golden syrup	95
Bananas	100	Gooseberries	40
Beans, baked	98	Grapefruit	92
Beans, Broad	93	Grapes, Black or White	86
Beans, Butter	71	Greengages	84
Beans, French	87	Haddock	100
Beans, Haricot	84	Halibut	100
Beans, Runner	74	Ham	15
Beef, Corned	35	Herring	74
Beef, raw	10	Herring roe	99
Beef, roast	19	Kidney	62
Beer	100	Leeks	91
Beetroot	94	Lemon juice	80
Biscuits, Digestive	91	Lentils	66
Blackberries	40	Lettuce	63
Blackcurrants	100	Liver	80-100
Black treacle	100	Loganberries	76
Bloater	35	Mackerel	64
Bread, Hovis	95	Marrow	85
Bread, White	89	Milk	100
Bread, Wholemeal	79	Mushrooms	99
Brussels sprouts	75	Mustard and Cress	42
Cabbage	76	Mutton	24
Carrots	100	Nuts—	
Cauliflower	100	Almonds	99
Celery	100	Barcelona nuts	91
Cherries	100	Brazil nuts	62
Chicken	28	Chestnuts	51
Chocolate, Milk	84	Cobnuts	97
Chocolate, Plain	89	Coconut	86
Cocoa powder	93	Coconut milk	75
Cod	100	Peanuts	100
Cucumber	100	Walnuts	41
Currants, dried	89	Oatmeal	96
Damsons	70	Olives (in brine)	97
Dates	82	Onions	100
Eggs	100	Orange juice	85

THE CHEMICAL COMPOSITION OF FOODS 349

	Available iron as per cent. of total iron		Available iron as per cent. of total iron
Parsnips	100	Ryvita	100
Peas, fresh or dried ..	75	Salmon, tinned ..	94
Peaches, fresh ..	100	Sardines, tinned ..	65
Peaches, dried ..	92	Sausage, Beef ..	72
Pears	97	Sausage, Pork ..	81
Pineapple	91	Skate	100
Plaice	97	Sole	100
Plums	55	Spinach	57
Pork	47	Strawberries ..	52
Potatoes	98	Sultanas	65
Prunes	72	Swedes	96
Rabbit	42	Sweetbread	71
Radishes	62	Tomatoes	64
Raisins	96	Tongue	19
Raspberries	76	Turnips	67
Redcurrants	85	Veal	55
Rhubarb	100	Watercress	66
Rice	85		

TABLE XIV
ATOMIC WEIGHTS OF ELEMENTS

Element	Symbol	Atomic weights		Valency
		Approximate	International	
Calcium	Ca	40.0	40.07	2
Carbon	C	12.0	12.00	2 or 4*
Chlorine	Cl	35.5	35.457	1
Copper	Cu	63.5	63.57	1 or 2*
Hydrogen	H	1.0	1.008	1
Iodine	I	127.0	126.932	1
Iron	Fe	56.0	55.84	2 or 3*
Magnesium	Mg	24.0	24.32	2
Nitrogen	N	14.0	14.008	3* or 5
Oxygen	O	16.0	16.00	2
Phosphorus	P	31.0	31.027	2*, 3 or 5
Potassium	K	39.0	39.096	1
Sodium	Na	23.0	22.997	1
Sulphur	S	32.0	32.064	2*, 4 or 6

The valency used for calculating the acid-base value is marked *.

Determination of the Acid-Base Value of a Food.

The acid-base value of a foodstuff is usually expressed in terms of $\frac{N}{10}$ acid or alkali, and it may be calculated from the mineral analysis of the food. The metals, calcium, magnesium, sodium, potassium, iron, and copper contribute towards the *base* value, while the non-metals, chlorine, phosphorus, and sulphur contribute towards the *acid* value. In practice iron and copper are usually neglected since such small amounts are present.

Some foods contain more basic than acidic radicles ; these foods yield a basic ash and are said to be base-forming. Others contain more acidic radicles, and these yield an acid ash in the body.

Method of calculating the acid-base value of a food

From Table I—

1 oz. white bread contains—

0.126 g. Na	0.0208 g. P
0.033 g. K	0.187 g. Cl
0.0066 g. Ca	0.0155 g. S
0.0063 g. Mg	

1,000 c.c. of a normal solution contain the atomic weight in grams of the element divided by its valency.

23 g. of Na are contained in 1,000 c.c. N. alkali.

" " " " $\frac{10,000 \text{ c.c. } N}{10}$ "

0.126 " " " $\frac{10,000 \times 0.126}{23} = 54.8 \text{ c.c. } \frac{N}{10} \text{ alkali.}$

0.033 g. of K are contained in $\frac{10,000 \times 0.033}{39} = 8.5 \text{ c.c. } \frac{N}{10} \text{ alkali.}$

0.0066 " Ca " " $\frac{10,000 \times 0.0066}{20} = 3.3 \text{ c.c. } "$

0.0063 " Mg " " $\frac{10,000 \times 0.0063}{12} = 5.2 \text{ c.c. } "$

Base value of 1 oz. bread = 71.8 c.c. "

0.0208 g. of P are contained in $\frac{10,000 \times 0.0208}{15.5} = 13.4 \text{ c.c. } \frac{N}{10} \text{ acid.}$

0.187 " Cl " " $\frac{10,000 \times 0.187}{35.5} = 52.7 \text{ c.c. } "$

0.0155 " S " " $\frac{10,000 \times 0.0155}{16} = 9.7 \text{ c.c. } "$

Acid value of 1 oz. bread = 75.8 c.c. "

Acid-base value of 1 oz. bread = $75.8 - 71.8 = 4.0 \text{ c.c. } \frac{N}{10} \text{ acid.}$

TABLE XV

VITAMIN STANDARDS AND UNITS

International standards and units from the *Quarterly Bulletin of the Health Organisation of the League of Nations*, 1934, Vol. 4, No. 3.

Sherman and Steenbock units from *Notes on Vitamin Units*, by H. E. Munsell, U.S. Dept. of Agriculture, 1934.

Vitamin A

International Standard.—Pure, optically inactive β carotene.

International Unit.—Vitamin A activity of 0.6 gamma of the standard. (Daily doses of about 3 to 5 gamma of the standard, when administered to young rats on a diet deficient in vitamin A will restore growth and cure xerophthalmia.)

Sherman (Munsell) Unit.—The amount of the vitamin which, when fed daily, just suffices to support a rate of gain of 3 g. per week in a standard test animal (rat) during an experimental feeding period of four to eight weeks.

Vitamin B₁. Aneurin

International Standard.—Adsorption product of the vitamin, prepared from rice polishings by Seidell's method.

International Unit.—Anti-neuritic activity of 10 mg. of the standard. (Daily doses of 10 to 20 mg. of the standard will maintain normal growth in young rats on a diet deficient in vitamin B₁. Doses of 20 to 30 mg. will cure pigeons suffering from polyneuritis.)

Sherman-Chase Unit.—The amount of the vitamin which, when fed daily, will induce a gain of 3 g. per week in a standard test animal during a test period of four to eight weeks.

Remainder of Vitamin B complex

Pellagra-preventing factor. Nicotinic acid
Riboflavine or lactoflavine
Vitamin B₆. Adermin

There are no International Standards for these Vitamins.

Vitamin C. Ascorbic Acid

International Standard.—*l*-ascorbic acid.

International Unit.—0.05 mg. of standard.

Sherman Unit.—The amount of the vitamin which, when fed daily, will protect a 300-g. guinea-pig from scurvy during a period of 90 days.

Vitamin D

International Standard.—Standard solution of irradiated ergosterol. This is to be replaced by a standard solution of pure crystalline vitamin D in olive oil.

International Unit.—1 mg. of standard solution, equivalent to 0.025 gamma of crystalline vitamin D.

Steenbock Unit.—The total amount of vitamin D which will produce a narrow line of calcium deposit in the rachitic metaphyses of the distal ends of the radii and ulnæ of standard rachitic rats in a period of 10 days.

Vitamin E. α -tocopherol

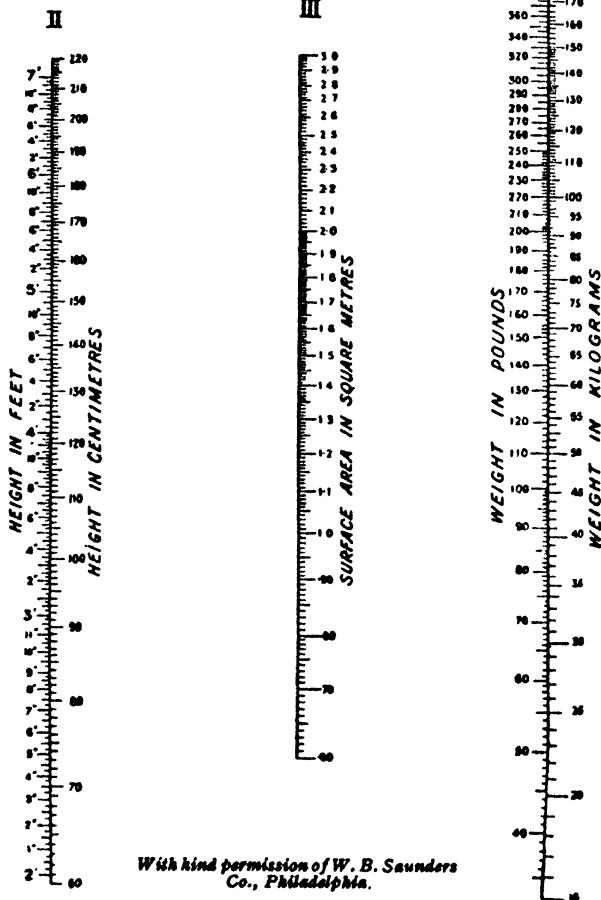
There is no International Standard for this vitamin.

FIG. I.

BOOTHBY AND SANDIFORD'S NOMOGRAPH

The weight in pounds and kilograms is shown on Scale I. The height in inches and centimetres is shown on Scale II. The surface area in square metres is shown on Scale III.

Directions.—Keep the chart flat. Use a flexible ruler with a straight edge, or a strip of stiff paper, such as a postcard. Locate the position of the weight and height on Scales I and II respectively. Apply the straight edge of the ruler, and note where it cuts Scale III. Read the figure on Scale III, which will give the surface area of the body in square metres.



With kind permission of W. B. Saunders
Co., Philadelphia.

TABLE XVII

BASAL METABOLISM OF CHILDREN AND ADULTS

(Calories per square metre per hour)

Age	Males	Females
5 years	53·0	51·5
6 "	53·0	50·5
7 "	52·0	49·5
8 "	51·0	48·0
9 "	50·0	46·5
10 "	49·0	45·5
11 "	48·5	44·5
12 "	47·5	43·0
13 "	47·0	42·0
14 "	46·0	41·0
15 "	45·0	39·5
16 "	44·0	38·5
17 "	43·5	37·5
18 "	42·5	37·0
19 "	42·0	37·0
20-30 "	39·5	37·0
30-40 "	39·5	36·5
40-50 "	38·5	36·0
50-60 "	37·5	35·0
60-70 "	36·5	34·0
70-80 "	35·5	33·0

(From "Sage Normal Standards" of Dubois and Boothby and Sandiford, 1929.)

The surface area in square metres may be obtained from Boothby and Sandiford's Nomograph (p. 356).

TABLE XVIII

**VARIATION OF BASAL METABOLISM WITH
DIFFERENT DISEASES**

Under-nutrition	12 to 20 per cent. below normal
Obesity (not connected with glandular disturbance) ..	Normal
Anæmia (Primary or Secondary)	Normal
Myxœdema	10 to 40 per cent. below normal
Cretinism	Below normal
Hyperthyroidism	20 to 75 per cent. above normal
Leukæmia	20 to 100 per cent. above normal
Fever.. ..	Rise of 7·2 per cent. for each degree Fahrenheit rise in temperature.

(From *Food and the Principles of Dietetics*. Hutchison and Mottram.)

TABLE XIX

**ESTIMATED AVERAGE DAILY REQUIREMENTS OF
CALORIES, PROTEIN AND MINERAL SALTS (BASED
ON REPORTS OF THE TECHNICAL COMMISSION OF
THE LEAGUE OF NATIONS)**

Age	Calories	Protein g.	Calcium g.	Phos- phorus g.	Iron mg.
1-3 years ..	1,100	42	1·1	1·0	5
3-7	1,500	50	1·3	1·2	8
7-12	2,100	65	1·4	1·5	13
12-15	2,900	95	1·5	1·6	16
15-17	3,000	100	1·4	1·6	15
17-21	3,000	90	1·1	1·4	13
Males 21 years +	3,000	70	0·8	1·3	10
Females 21 years +	2,500	60	0·8	1·3	15
Expectant and Nursing mothers	3,000	80	1·5	1·9	20

TABLE XX

**ENERGY EXPENDITURE PER HOUR UNDER
DIFFERENT CONDITIONS OF MUSCULAR
ACTIVITY**

Form of Activity	Calories per hour			
	Per 70 kg. (11 stone) man	Per 57 kg. (9 stone) woman	Per kg.	Per lb.
Sleeping	65	53	0.93	0.43
Awake. Lying still ..	77	60	1.10	0.50
Sitting at rest	100	82	1.43	0.65
Reading aloud	105	86	1.50	0.69
Standing relaxed	105	86	1.50	0.69
Hand sewing	111	91	1.59	0.72
Standing at attention ..	115	93	1.63	0.74
Knitting (23 stitches per minute on sweater) ..	116	95	1.66	0.75
Singing	122	100	1.74	0.79
Tailoring	135	110	1.93	0.88
Typewriting rapidly ..	140	115	2.00	0.91
Ironing (with 5-lb. iron) ..	144	118	2.06	0.93
Dish washing	144	118	2.06	0.93
Sweeping bare floor (38 strokes per minute) ..	169	138	2.41	1.09
Shoemaking	180	147	2.57	1.17
Walking slowly (2.6 miles per hour)	200	164	2.86	1.30
Carpentry, metal work ..	240	196	3.43	1.56
Walking moderately fast (3.75 miles per hour) ..	300	245	4.28	1.95
Stoneworking	400	328	5.71	2.60
Sawing wood	480	393	6.86	3.12
Swimming	500	409	7.14	3.25
Running (5.3 miles per hour)	570	466	8.14	3.70
Walking very fast (5.3 miles per hour)	650	532	9.28	4.22

(From Sherman, *Chemistry of Food and Nutrition*, 5th Ed., 1937.)

TABLE XVIII

**VARIATION OF BASAL METABOLISM WITH
DIFFERENT DISEASES**

Under-nutrition	12 to 20 per cent. below normal
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Cretinism	Below normal
Hyperthyroidism	20 to 75 per cent. above normal
Leukæmia	20 to 100 per cent. above normal
Fever.. ..	Rise of 7·2 per cent. for each degree Fahrenheit rise in temperature.

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3-7	1,500	50	1·3	1·2	8
7-12	2,100	65	1·4	1·5	13
12-15	2,900	95	1·5	1·6	16
15-17	3,000	100	1·4	1·6	15
17-21	3,000	90	1·1	1·4	13
Males 21 years +	3,000	70	0·8	1·3	10
Females 21 years +	2,500	60	0·8	1·3	15
Expectant and Nursing mothers	3,000	80	1·5	1·9	20

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Sitting at rest	100	82	1.43	0.65
Reading aloud	105	86	1.50	0.69
Standing relaxed	105	86	1.50	0.69
Hand sewing	111	91	1.59	0.72
Standing at attention ..	115	93	1.63	0.74
Knitting (23 stitches per minute on sweater) ..	116	95	1.66	0.75
Singing	122	100	1.74	0.79
Tailoring	135	110	1.93	0.88
Typewriting rapidly ..	140	115	2.00	0.91
Ironing (with 5-lb. iron) ..	144	118	2.06	0.93
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Sweeping bare floor (38 strokes per minute) ..	169	138	2.41	1.09
Shoemaking	180	147	2.57	1.17
Walking slowly (2.6 miles per hour)	200	164	2.86	1.30
Carpentry, metal work ..	240	196	3.43	1.56
Walking moderately fast (3.75 miles per hour) ..	300	245	4.28	1.95
Stoneworking	400	328	5.71	2.60
Sawing wood	480	393	6.86	3.12
Swimming	500	409	7.14	3.25
Running (5.3 miles per hour)	570	466	8.14	3.70
Walking very fast (5.3 miles per hour)	650	532	9.28	4.22

(From Sherman, *Chemistry of Food and Nutrition*, 5th Ed., 1937.)

TABLE XXI

SUMMARY OF CHIEF DIGESTIVE ENZYMES

Enzymes		Where chiefly found	Action
Act on Carbo- hydrates	Ptyalin (salivary amylase)	Salivary secretions.	Converts starch to maltose.
	Amylase (pancreatic amylase).	Pancreatic juice.	Converts starch to maltose.
	Invertase (sucrase)	Intestinal juice.	Converts sucrose to glucose and fructose.
	Maltase ..	Intestinal juice.	Converts maltose to glucose.
	Lactase ..	Intestinal juice.	Converts lactose to glucose and galactose.
Act on Fats	Lipases ..	Gastric (?) and pancreatic juices.	Splits fats to fatty acids and glycerol.
Act on Proteins	Pepsin ..	Gastric juice.	Splits proteins to proteoses and peptones.
	Trypsin ..	Pancreatic juice.	Splits proteins to proteoses, peptones, polypeptides and amino acids.
	Erepsin ..	Intestinal juice.	Splits peptones to amino acids and ammonia.

(Sherman, *Chemistry of Food and Nutrition*, 5th Ed., 1937.)

TABLE XXII

CARBOHYDRATE ARRANGEMENT WITH DIFFERENT KINDS OF INSULIN

Insulin arrangement	Carbo- hydrate. Total. daily		Break- fast and mid- morn- ing	Dinner	Tea	Supper and Bedtime	
	g.		Carbohydrate in grams				
<i>Ordinary Insulin</i>							
Before breakfast only	100		35	30	20	15	
	125		45	35	25	20	
	150		50	40	35	25	
Before breakfast and supper	100		35	25	5	35	
	125		45	30	5	45	
	150		50	35	15	50	
	175		60	40	15	60	
	200		65	50	20	65	
<i>Retard Insulin (Protamine) or Protamine Zinc Insulin</i>						Supper	Bed- time
Before breakfast with or without ordinary insulin	150		40	35	25	40	10
	175		47.5	40	30	47.5	10
	200		55	45	35	55	10
<i>Protamine Zinc Insulin</i>							
Before breakfast with carbohydrate at the time of injection.	150	With injection	30	35	25	40	10
	150	10	37.5	40	30	47.5	10
	200	10	45	45	35	55	10

N.B.—If only three meals a day are taken, the carbohydrate should be divided in proportions similar to those given above for four meals.

Diets without Insulin.—The carbohydrate should be divided evenly among the main meals, between meals such as mid-morning or bedtime being counted with the preceding ones, in this case breakfast and supper.

TABLE XXIII
WEIGHTS AND MEASURES

Avoirdupois weight	Metric equivalent in grams
1 oz.	28·4 = 30 approx.
16 oz. (1 lb.)	454
14 lb. (1 stone)	6·35 kg.
10 stone (140 lb.)	63·5 kg.
11 stone (154 lb.)	70 kg. approx.
Linear measure	Metric equivalent in centimetres
1 inch.	2·54
12 inches (1 foot).	30·48
3 feet (1 yard).	91·44
Fluid measure	Metric equivalent in cubic centimetres (millilitres)
1 fluid oz.	28·4 = 30 approx.
16 fluid oz. (1 U.S. pint)	454
20 fluid oz. (1 Imperial pint)	568·3
Metric measure of weight	Avoirdupois equivalent
1 g.	0·035 oz. or 15·4 grains
100 g.	3·5 oz.
1 kg. (1,000 g.)	2·205 lb.
Metric measure of length	Imperial equivalent
1 millimetre	0·03937 inch
1 centimetre	0·3937 inch
1 metre	39·3701 inches
	3·2808 feet
	1·0936 yards }
Metric measure of capacity	Imperial fluid equivalent
1 cubic centimetre or millilitre	0·035 fluid oz. or
	17·0 minims
1 litre (1,000 c.c.)	35·2 fluid oz.

Factors for converting from one scale to another

To convert	grams to ounces	×	0.035
„	kilograms to pounds	×	2.205
„	ounces to grams	×	28.4
„	pounds to kilograms	×	0.444
„	cubic centimetres to fluid ounces (Imperial)	×	0.035
„	litres to fluid ounces (Imperial)	×	35.2
„	fluid ounces to cubic centimetres	×	28.4
„	Imperial pints to litres	×	0.568

Approximate value of domestic measures

Tumbler	= 8-10 fluid oz.
Breakfast-cup	= 5-8 „
Teacup	= 3-5 „
Eggcup	= 1 „
Tablespoon	= $\frac{1}{2}$ „
Dessertspoon	= $\frac{1}{4}$ „
Teaspoon	= $\frac{1}{8}$ „
1 new penny weighs $\frac{1}{4}$ oz.	
„ halfpenny weighs $\frac{1}{8}$ oz.	

Temperature Scales

	Fahrenheit (F.)	Centigrade (C.)	Reamur (R.)
Freezing-point ..	32°	0°	0°
Boiling-point ..	212°	100°	80°

Conversion from one scale to another

$$C = \frac{5}{9}(F - 32) = \frac{5}{9}R$$

$$F = \frac{9}{5}C + 32 = \frac{9}{4}R + 32$$

$$R = \frac{4}{9}C = \frac{4}{5}(F - 32)$$

TABLE XXIV
MEAN HEIGHTS AND WEIGHTS OF ADULTS

Without shoes. With indoor clothes

Height ft. in.	MEN				WOMEN			
	Age 20 lb.	Age 30 lb.	Age 40 lb.	Age 55 lb.	Age 20 lb.	Age 30 lb.	Age 40 lb.	Age 55 lb.
4 11	113	122	127	131	114	120	127	133
5 0	115	124	129	133	116	122	129	135
5 1	118	126	131	135	119	124	132	138
5 2	121	129	134	138	122	127	135	141
5 3	124	132	137	141	125	131	138	144
5 4	128	136	141	145	128	134	142	148
5 5	132	140	145	149	132	138	146	153
5 6	135	144	149	154	136	142	150	158
5 7	140	148	154	159	140	146	154	163
5 8	144	152	159	164	143	150	158	167
5 9	148	157	164	169	147	154	161	171
5 10	152	162	170	174	151	157	164	174
5 11	157	168	176	180	156	161	167	177
6 0	162	174	182	187	—	—	—	—
6 1	167	180	189	194	—	—	—	—
6 2	172	186	196	201	—	—	—	—

The figures are based upon the Report of Life Insurance Directors and Actuarial Society of America, New York, 1912, but have been modified to take into account the lower weight of modern clothing; 6 lb. is allowed for clothes for men and 4 lb. for women. Heights are given *without* shoes.

TABLE XXV
MEAN HEIGHTS AND WEIGHTS OF CHILDREN

Age last birthday	HEIGHT				WEIGHT			
	BOYS		GIRLS		BOYS		GIRLS	
	Inches	Cm.	Inches	Cm.	lb.	Kg.	lb.	Kg.
3	37	94	37	94	33	15	33	15
4	40	101	40	101	38	17	38	17
5	43	109	43	109	42	19	42	19
6	45	114	45	114	48	22	48	22
7	48	122	48	122	53	24	53	24
8	50	127	50	127	57	26	57	26
9	52	132	52	132	64	29	64	29
10	54	137	54	137	71	32	71	32
11	56	142	56	142	77	35	79	36
12	58	147	58	147	86	39	88	40
13	60	152	60	152	93	42	99	45
14	63	160	62	157	110	50	108	49
15	65	165	63	160	121	55	117	53
16	67	170	64	163	132	60	121	55
17	68	173	64	163	139	63	123	56
18	69	175	64	163	143	65	126	57

These values are adapted from Baldwin and Wood's "Weight-height-age Tables for Boys and Girls of School Age" and from unpublished data of Widdowson and McCance. Measurements are made in indoor clothes, but without shoes.

TABLE XXVI

**NORMAL BLOOD AND URINE FINDINGS AND THEIR ALTERATION IN
DISEASES WHICH MAY BE TREATED BY DIET**

	Normal level	Level raised	Level lowered
	Normal Blood Findings		
Pressure ..	Systolic, 110-140 Diastolic, 70-90	Chronic interstitial nephritis and often for other un- known causes.	Addison's Disease. Diabetic coma.
Hæmoglobin ..	Men, 100-110 per cent. Women, 90-100 per cent.	Diabetic coma, diarrhoea, and vomiting. Sometimes shock.	Anæmia secondary to blood loss, deficient iron intake, or absorption. Pernicious anæmia. Hæmorrhage. Carcinoma.
Red blood cells	Men, 5·0-5·5 million per cubic mm. Women, 4·5-5·0 million per cubic mm.	Diabetic coma, diarrhoea, and vomiting. Sometimes shock.	Pernicious anæmia; to a lesser extent all forms of secondary anæmia.
Sugar ..	Fasting, 80-120 mg. per 100 c.c. After food, up to 180 mg. per 100 c.c. (arterial), 150 mg. per 100 c.c. (venous).	Untreated or incompletely controlled diabetes mellitus.	Overdose of insulin

Urea ..	..	14-40 mg. per 100 c.c.	Acute and chronic interstitial nephritis. Diarrhoea and vomiting. Patients taking high protein diets.	Pregnancy. Low protein diets.
Proteins ..	..	6-8 per cent., made up of Albumen about 4-5 per cent. Globulin about 2-5 per cent.	Diabetic coma. Acute diarrhoea and vomiting. Dehydration. Sometimes shock.	Chronic parenchymatous nephritis. Malnutrition of any kind. After severe hæmorrhage.
Uric acid ..	..	2-4 mg. per 100 c.c.	Gout.	—
Calcium ..	..	9-11 mg. per 100 c.c.	Over-activity of the parathyroid glands.	Removal of parathyroids. Sprue. Coeliac disease. Sometimes in rickets.
Diastase ..	..	2-12 units (Wohlgemuth).	Always in acute pancreatitis. Sometimes in chronic pancreatitis.	—
Normal Urine Findings				
Volume ..	..	1-2 litres a day.	Diabetes Mellitus. Diabetes Insipidus. Often in chronic interstitial nephritis.	Dehydration. Failing circulation. Insufficient fluid intake.
Specific gravity ..	..	1-008-1-030.	Diabetes Mellitus. Dehydration.	Diabetes Insipidus. Excess fluid intake.

TABLE XXVII

ABNORMAL EXCRETIONS

Urine

Glucose in diabetes mellitus. Grave's disease. Sometimes also in healthy persons (renal glycosuria). Pregnancy.

Lactose, sometimes in late pregnancy, often in lactation.

Acetone Bodies in untreated diabetes mellitus and any other form of carbohydrate starvation, whatever the cause. Also after the administration of a ketogenic diet.

Albumen, Casts, etc., in all types of nephritis, including albuminuria of pregnancy. Sometimes also in normal young adults.

Bile Pigments and Bile Salts in obstructive jaundice.

Absence of Chlorides in pneumonia, vomiting, diabetic coma and other salt deficient conditions. Also after the administration of a low salt diet.

Fæces*

Excess of Undigested Fat in obstructive pancreatitis and chronic pancreatitis.

Excess of Digested Fat (Fatty Acids) in jaundice, coeliac disease, sprue.

Starch in chronic pancreatitis, and early stages of severe diarrhœa.

* Not more than one quarter of the dried fæces should be fat, and, of this, not more than one quarter should be undigested fat.

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INDEX

- Abnormal excretions, 368
- Absinthe : Composition, 341
- Accessory food factors, 23
- Acetone bodies in urine, 368
- Achalasia, 74
 - Diet for, 164
- Achlorhydria, 76
 - Diet for, 169
- Acid-base values, 350
- Acute cholecystitis, 84
 - Diet for, 164
- Acute diarrhoea, 87
 - Diet for, 165, 179
- Acute heart failure, 70
 - Diet for, 155, 242
- Acute nephritis, 107
 - Blood urea in, 367
 - Diet for, 158, 165
- Addison's disease, 123
 - Blood pressure in, 366
 - Diet for, 247
- Adermin, 27, 352, 355
- Agar-agar jelly : Recipe, 271
- Albumen in urine, 368
- Albuminuria of pregnancy, 110
 - Diet for, 165, 238
- Alcohol, 40
 - Action on the central nervous system, 41
 - Action on the circulation, 42
 - As a food, 42
 - As a local irritant, 41
 - Fuel value, 5
 - Use of in fever, 67
- Alcoholic beverages : Composition, 340
- Ale : Composition, 304, 341
- Alimentary system, Diseases of the, 73
- All-Bran : Composition, 302
- Almonds : Composition, 316, 335, 346
 - Available iron in, 348
- Amino-acids, 11
- Amylase, 360
- Anæmia, 15, 116
 - Basal metabolism in, 358
 - due to iron deficiency, 117
 - Hæmoglobin level in, 366
 - Red cell count in, 366
- Aneurin, 26, 352, 354
- Angel cake : Recipe, 280
- Apples : Composition, 302, 335, 338, 346
 - Available iron in, 348
 - 100 Calorie portion, 6
 - Oxalic acid in, 344
- Apple or apricot meringue : Recipe, 267
- Apple, Baked : Recipe for diabetics, 287
- Apple Charlotte : Composition, 302, 336
 - Recipe, 253
 - Low fat recipe, 279
 - Recipe for diabetics, 287
- Apple dumpling : Composition, 302, 336
 - Recipe, 253
- Apple pudding : Composition, 302, 336
 - Recipe, 253
- Apple tapioca : Low K recipe, 298

- Apple tart : Composition, 302, 336
 Recipe, 253
 Apricots : Composition, 302, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Arrowroot : Composition, 302
 Arsenic poisoning, 81
 Diet for, 158
 Artichokes : Composition, 302, 339
 Ascorbic acid, 31, 352, 355
 Asparagus : Composition, 302, 337, 346
 Oxalic acid in, 344
 Asparagus soup : Recipe, 269
 Atomic weights of elements, 350
 Atonement, Day of, 129
 "Available" carbohydrate, 8, 133
 "Available" iron, 17
 in foods, 348
 Avocado pear : Composition, 335
 Avoirdupois weight, 362

 Bacon : Composition, 302, 329, 333, 345
 Available iron in, 348
 100 Calorie portion, 6
 Purines in, 342
 Baked apple : Recipe for diabetics, 287
 Banana : Composition, 302, 335, 338
 Available iron in, 348
 Oxalic acid in, 344
 Banana, Baked : Recipe, 282
 custard : Composition, 302, 336
 Recipe, 253
 Low fat recipe, 280
 jelly : Recipe for diabetics, 287
 Banana whip : Recipe, 282

 Barcelona nuts : Composition, 316, 335, 346
 Available iron in, 348
 Barley, Pearl : Composition, 302
 Barlow's disease, 28
 Basal metabolism, 44, 357
 Effect of various diseases on, 46, 358
 Energy requirements for, 45
 Beans, Baked : Composition, 302
 Available iron in, 348
 Broad : Composition, 302, 346
 Available iron in, 348
 Butter or haricot : Composition, 302, 334, 339
 Available iron in, 348
 French or runner : Composition, 302, 346
 Available iron in, 348
 Purines in, 342
 Roughage in, 343
 Beef : Composition, 302, 304, 345
 Available iron in, 348
 Purines in, 342
 Beef, Roast : Composition, 304, 333
 Available iron in, 348
 100 Calorie portion, 6
 Beefsteak pudding : Composition, 304, 336
 Recipe, 259
 Beef, Stewed : Composition, 304, 345
 Beer : Composition, 304, 341
 Available iron in, 348
 Beetroot : Composition, 304, 334, 339, 346
 Benedictine : Composition, 341
 Benger's food : Composition, 334, 337
 Beri-beri, 26, 354
 Bibliography, 369
 Bile pigments in urine, 368
 Biliary diseases, 84

- Biscuits :** Composition, 304,
331, 334, 345
Available iron in, 348
Roughage in, 343
- Blackberries :** Composition, 304,
335, 338, 346
Available iron in, 348
Oxalic acid in, 344
- Blackcurrants :** Composition,
304, 335, 338, 346
Available iron in, 348
- Black treacle :** Composition,
304, 334
Available iron in, 348
Roughage in, 343
- Blancmange :** Composition, 304,
336
Recipe, 254
- Blancmange, Coffee :** Recipe,
278
- Bloater :** Composition, 304
Available iron in, 348
Purines in, 342
- Blood calcium, Normal, 367**
cells, Normal, 366
diastase, Normal, 367
findings, Normal, 366
in faeces, Diet for tests for,
184
pressure, Normal, 366
proteins, Normal, 367
sugar, Normal, 366
urea, Normal, 367
uric acid, Normal, 367
- Boiled dressing :** Recipe, 275
- Bones and rickets, 31**
- Boothby and Sandiford's nomo-
graph, 356**
- Bordeaux wines :** Composition,
340
- Bournvita :** Composition, 304,
334, 337
- Bovril :** Composition, 304
Purines in, 342
- Brains :** Purines in, 342
- Bran biscuits :** Recipe, 288
- Brandy :** Composition, 340,
341
- Brazil nuts :** Composition, 316,
335, 346
Available iron in, 348
- Bread :** Composition, 304, 306,
334, 345
Available iron in, 348
100 Calorie portion, 6
Purines in, 342
Roughage in, 343
Water in, 3
- Bread and butter pudding :**
Composition, 306, 336
Recipe, 254, 267
- Bread sauce :** Composition, 306,
336
Recipe, 259
- Broccoli :** Oxalic acid in, 344
- Brussels sprouts :** Composition,
306, 339, 346
Available iron in, 348
- Buck rarebit :** Composition,
306
Recipe, 259
- " Buffer " meals for diabetics,
101**
- Bulbar palsy, 74**
Diet for, 164
- Buns, Currant :** Composition,
306, 336
- Buns, Rock :** Composition, 306,
336
Recipe, 250
- Burgundy :** Composition, 340
- Butter :** Composition, 306, 327,
345
100 Calorie portion, 6
Purines in, 342
Roughage in, 343
Vitamin D in, 326
- Butterscotch mould :** Low K
recipe, 299
- Butterscotch sago :** Recipe, 291
- Cabbage :** Composition, 306,
337, 339, 346
Available iron in, 348
100 Calorie portion, 6
Oxalic acid in, 344

Cabbage soup : Recipe, 270
Cabinet pudding : Composition, 306, 336
 Recipe, 254
Cæcal stasis, 87
 Diet for, 182
Cakes : Composition, 306, 336
 Recipes, 250
 Roughage in, 343
Calciferol, 33, 355
Calcium, 14, 31
 Atomic weight, 350
 Foods rich in, 14, 34, 36
 Functions in the body, 14
 in blood, Normal, 367
 Low Diet, 245
 phosphate, 14
 Requirements of, 15, 358
Calcium balance experiments, 119
 Diet for, 245
Calorie : Definition, 5
 High, Diets, 147
 Suitable dishes, 148
 High, Recipes, 264
 Low, Diets, 152
 for children, 153
 for patients with heart disease, 154
 Food list, 155
 Low Recipes, 269
Calories : Effect of various factors on requirements, 47
 Methods of determining requirement, 46
 Requirement for Basal metabolism, 45, 357
 Total requirement, 46, 358
 of children, 49, 358
 of men, 47, 358
 of women, 47, 358
Calorimeter, 5
 Human, 46
Canary pudding : Composition, 306, 336
 Recipe, 254
Cane sugar, 7
Caramel : Low K recipe, 298

Carbohydrates, 4
 Arrangement with different kinds of insulin, 361
 Complex, 8, 9
 Constitution of, 6
 Foods rich in, 34, 36
 Fuel value of, 5
 in foods, Determination of, 132
Carbon : Atomic weight, 350
Carcinoma, Hæmoglobin level in, 366
Carcinoma of the œsophagus, 74
 Diet for, 164, 165
Carcinoma of the stomach, 81
 Diet for, 158
Carotene, 24, 352, 354
Carrots : Composition, 306, 334, 339, 346
 Available iron in, 348
 Oxalic acid in, 344
Carrot or leek soup : Recipe, 283
Casein bread : Low salt recipe, 293
Castle pudding : Composition, 306, 336
 Recipe, 254
Casts in urine, 368
Catarrhal jaundice, 86
 Diet for, 185
Cauliflower : Composition, 306, 337, 339, 346
 Available iron in, 348
 Oxalic acid in, 344
Cauliflower or cucumber soup : Recipe, 283
Cauliflower or spinach soup : Recipe, 269
Celery : Composition, 306, 337, 346
 Available iron in, 348
Celery and apple salad : Recipe, 278
Celery soup : Recipe, 269, 270, 283
Cellulose, 8, 40
Cereals, Methods of cooking, 248

- Cevitamic acid, 31
- Champagne : Composition, 340
- Chartreuse : Composition, 341
- Cheese : Composition, 306, 328, 333, 345
 - Purines in, 342
 - Roughage in, 343
- Cheese balls : Recipe, 292
- Cheese omelette : Composition, 316
 - Recipe, 260
- Cheese salad : Recipe, 271
- Cheese sauce : Composition, 308, 336
 - Recipe, 259
- Cheese straws : Composition, 308, 336
 - Recipe, 259
- Cherries : Composition, 308, 335, 338, 346
 - Available iron in, 348
 - Oxalic acid in, 344
- Cherry cake : Composition, 306, 336
 - Recipe, 250
- Chestnuts : Composition, 316, 335, 346
- Chicken : Composition, 308, 329, 333, 345
 - Available iron in, 348
 - Purines in, 342
- Chicken jelly : Recipe, 266, 272
- Chicken, Minced on toast : Recipe, 289
- Chicken or rabbit, "Creamed" : Recipe, 276
- Chicken or rabbit custard : Recipe, 266
- Chicken soup, Cream of : Recipe, 265
- Children, Basal metabolism of, 357
 - Calorie requirements of, 49, 358
 - Diabetic, Diets for, 221, 223
 - Heights and weights, 365
 - Low Calorie diet for, 153
 - Low fat diet for, 190
- Chlorides : Absence from urine, 368
- Chlorine, 13, 17
 - Atomic weight, 350
- Chocolate : Composition, 308, 334, 345
 - Available iron in, 348
 - 100 Calorie portion, 6
- Chocolate cakes : Composition, 306, 336
 - Recipe, 250
- Chocolate mould : Composition, 308, 336
 - Recipe, 255
- Cholecystitis, Acute, 84
 - Diet for, 164
- Cholecystitis, Chronic, 84
 - Diet for, 158
- Cholesterol, 85
- Chronic diarrhoea, Diet for, 179
- Chronic gastritis of pernicious anæmia, 81
 - Diet for, 158, 169
- Chronic nephritis, 108-110
 - Blood pressure in, 366
 - Blood proteins in, 367
 - Blood urea in, 367
 - Diet for, 233, 235, 238, 242
- Chronic pancreatitis, 83
 - Diet for, 194
 - Fat in fæces in, 368
 - Food list for, 194
 - Starch in fæces in, 368
- Chutney, Low salt recipe, 294
- Cider : Composition, 341
- Cinnamon, 337
- Cirrhosis of the liver, 42, 86
 - Diet for, 158
- Claret : Composition, 340
- Clear soup : Composition, 337
- Cloves, 337
- Cobnuts : Composition, 316, 335, 346
 - Available iron in, 348
- Cocoa : Composition, 308, 334, 345
 - Available iron in, 348

- Cocoa : High Calorie recipe, 264
 Coconut : Composition, 316, 346
 Available iron in, 348
 Coconut cake : Composition, 306, 336
 Recipe, 250
 Cod : Composition, 308, 345
 Available iron in, 348
 Purines in, 342
 Cod liver oil : Vitamin D in, 326
 Cod's roe : Purines in, 342
 Coeliac disease, 82
 Blood calcium in, 367
 Fat in faeces in, 368
 Coffee : Composition, 308, 337
 Purines in, 342
 Coffee : High Calorie recipe, 264
 Coffee blancmange : Recipe, 278
 Coffee jelly : Recipe, 270
 Colitis, 89
 Diet for, 158, 179
 College pudding : Composition, 308, 336
 Recipe 255
 Colon, Disorders of the, 86
 Composition of foods, 301
 Compôte of fruit : Recipe, 268
 Conditioned deficiencies, 54
 Constipation, 86
 Diet for, 179, 182
 Convalescence from fever, 68
 Diet for 147, 158, 179
 Convalescence from gastric or duodenal ulcer, 79
 Diet for, 176
 Convalescence from mucous colitis, 89
 Diet for, 158
 Cooking, Effect of, on meat, 135
 Effect of, on vegetables, 136
 Effect of, on vitamin C, 30
 Copper, 13, 17
 Atomic weight, 350
 Corned beef : Composition, 302, 345
 Available iron in, 348
 Purines in, 342
 Cornflakes : Composition, 308, 334
 Cornflour : Composition, 308, 334, 345
 Roughage in, 343
 Crab : Composition, 308, 345
 Purines in, 342
 Cranberries : Composition, 335
 Cranberry whip : Recipe, 271
 Cream : Composition, 308, 327, 345
 Purines in, 342
 Roughage in, 343
 Vitamin D in, 326
 Cream cheese : Low salt recipe, 293
 Cream cheese salad : Low potassium recipe, 297
 Cream cheese and tomato savoury : Recipe, 290
 Creamed chicken or rabbit : Recipe, 276
 Creamed egg : Recipe, 292
 Creamed fish : Recipe, 275
 Creamed rice : Low potassium recipe, 297
 Creamed rice and banana : Recipe, 279
 Crème de Menthe : Composition, 341
 Cretinism, Basal metabolism in, 358
 Cucumber : Composition, 308, 337, 347
 Available iron in, 348
 Oxalic acid in, 344
 Curaçao : Composition, 341
 Currants : Composition, 308, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Currant buns : Composition, 306, 336
 Currant cake : Composition, 306, 336
 Recipe, 250
 Curried meat : Composition 308, 336
 Recipe, 260

Curry powder : Carbohydrate in, 337
 Curry powder : Low salt recipe, 295
 Custard, Egg : Composition, 308, 336
 Recipe, 255
 Recipe for diabetics, 284, 285
 Custard, Fish : Recipe, 266
 Custard, Meat extract : Recipe, 266
 Custard, Orange : Recipe, 280
 Custard, Powder : Composition, 308, 336
 Recipe, 255
 Low potassium recipe, 297
 Custard, Banana : Composition, 302, 336
 Recipe, 253
 Low fat recipe, 280
 Custard, Coffee : Recipe, 278
 Custard, Skimmed milk : Recipe, 278, 282
 Custard, apple : Composition, 335
 Custard powder : Composition, 308
 Custards, How to make, 248
 Cyclical vomiting, Diet for, 185
 Cystine, 19

 Damsons : Composition, 308, 310, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Dates : Composition, 310, 335, 338
 Available iron in, 348
 Day of Atonement, 129
 Deficiency diseases, 21, 54
 Dehydro-cholesterol, 38
 Dextrose, 7
 Diabetes, 90-106
 Acetone bodies in urine, 368
 Blood sugar in, 366
 Diets for, 200-232
 Diets for invalids, 228-232

Diabetes—*contd.*
 During illness or after operation, 97
 Emergency diets for, 98, 337
 Glucose in urine, 368
 With diarrhoea, Diet for, 227
 With indigestion : Diet for, 226
 With tuberculosis, 99
 Diet for, 224
 Diabetic children, 99
 Diets for, 221
 Diabetic coma : Absence of chlorides from urine, 368
 Blood pressure in, 366
 Blood proteins in, 367
 Hæmoglobin level in, 366
 Red cell count in, 366
 Diabetic diets : Recipes for, 283
 Diabetic foods, 101
 Diarrhoea, 87
 Acute, 87
 Diet for, 165, 179
 Chronic, 88
 Diet for, 179
 With diabetes : Diet for, 227
 Diarrhoea and vomiting, Blood proteins in, 367
 Blood urea in, 367
 Hæmoglobin level in, 366
 Red cell count in, 366
 Starch in fæces in, 368
 Diastase in blood, Normal, 367
 Dietary studies, 48
 Dietary surveys, 140
 DIETARY TREATMENT OF :—
 Achalasia, 74
 Addison's disease, 123
 Albuminuria of pregnancy, 110
 Anæmia, 116
 Biliary diseases, 84
 Bulbar palsy, 74
 Cæcal stasis, 87
 Carcinoma of the œsophagus, 74
 Carcinoma of the stomach, 81

DIETARY TREATMENT OF—*contd.*

- Cholecystitis, Acute, 84
- Chronic, 84
- Cœliac disease, 82
- Colitis, 89
- Constipation, 86
- Convalescence, 68
- Diabetes, 90
 - With tuberculosis, 99
- Diabetic children, 99
- Diabetics during illness or after operation, 97
- Diarrhœa, 87
- Diseases of the alimentary system 73
- Diseases of the heart, 70
- Diseases of the kidneys, 107
- Disorders of the colon, 86
 - œsophagus, 74
 - pancreas, 83
 - pharynx, 73
 - small intestine, 82
 - stomach, 75
- Disturbances of mineral metabolism, 113
- Duodenal ulcer, 76
 - Convalescence from 79
- Dyspepsia, 75, 76
- Fever, 66
- Fracture, 69
- Gall bladder diseases, 84
- Gastric ulcer, 76
 - Convalescence from 79
- Gastritis of pernicious anæmia, 81
- Gout, 111
- Heart failure, Acute, 70
 - Gradual, 71
- Hyperchlorhydria, 75
- Hypochlorhydria, 76
- Hypoparathyroidism, 122
- Idiopathic steatorrhœa, 82
- Jaundice, 86
- Lead poisoning, 118
- Lienteric diarrhœa, 83
- Liver diseases, 85
- Mucous colitis, 89
- Nephritis, 107

DIETARY TREATMENT OF—*contd.*

- Obesity, 57
 - in children, 61
 - Obstructive jaundice, 86
 - Pancreatitis, 83
 - Pernicious anæmia, 116
 - Quinsy, 73
 - Rectal stasis, 87
 - Rheumatism, 112
 - Sore throat, 73
 - Spastic constipation, 87
 - Sprue, 82
 - Tubercular laryngitis, 73
 - Typhoid fever, 67
 - Ulcerative colitis, 89
 - Underweight patients, 56
- DIETS :—
- Diabetic, 200–232
 - for children, 221
 - for invalids, 228
 - for patients with diarrhœa, 227
 - for patients with indigestion, 226
 - for patients with tuberculosis, 224
 - Weighed carbohydrate only, 207
 - Epstein, 235
 - Fluid, 165
 - for diabetics, 228
 - High Calorie, 147
 - High Calorie, for gastric ulcer, 174
 - High Calorie low residue, 181
 - High protein, 233
 - High protein, low fat, 198, 235
 - High residue, 182
 - High vitamin high Calorie, 149
 - Karrell, 155
 - Lenhart, 171
 - Light, easily digested, 158
 - Line Ration, 206
 - Low calcium, 245
 - Low Calorie, 152
 - for children, 153
 - for patients with heart disease, 154

DIETS—*contd.*

- Low fat, 185
 - for children, 190
- Low phosphorus, 246
- Low potassium, 247
- Low purine, 199
- Low residue, 179
- Low salt, 242
- Meatless, 184
- Restricted protein, 238
- Semi-solid, 164

DIETS SUITABLE FOR:—

- Achalasia, 164
- Acute cholecystitis, 164
- Acute diarrhoea, 165, 179
- Acute heart failure, 155
- Acute nephritis, 158, 165
- Addison's disease, 247
- Albuminuria of pregnancy, 165, 238
- Arsenic poisoning, 158
- Bulbar palsy, 164
- Cæcal stasis, 182
- Calcium balance experiments, 245
- Carcinoma of the œsophagus, 164, 165
- Carcinoma of the stomach, 158
- Catarrhal jaundice, 185
- Cholecystitis, Acute, 164, 185
 - Chronic, 158, 185
- Cirrhosis of the liver, 158
- Constipation, 179, 182
- Convalescence from fever, 147, 179
- Convalescence from gastric or duodenal ulcer, 176
- Convalescence from mucous colitis, 158
- Cyclical vomiting, 185
- Diabetes, 200-232
- Diarrhoea, Acute, 165, 179
 - Chronic, 179
- Duodenal ulcer, 171
- Fever, 164, 165
- Fractures, 147, 152
- Gallstones, 185
- Gastric ulcer, 171

DIETS SUITABLE FOR—*contd.*

- Gastritis of pernicious anæmia, 158, 169
- Gastrostomy, 167
- Gout, 199
- Grave's disease, 147
- Heart failure, Acute, 155, 242
 - Gradual, 238, 242
- Hyperchlorhydria, 176
- Hypochlorhydria, 169
- Hypoparathyroidism, 246
- Jaundice, Catarrhal, 185
- Jaundice, Obstructive, 185
- Jejunostomy, 167
- Lead poisoning, 245
- Lienteric diarrhoea, 179
- Liver, Cirrhosis of the, 158
- Liver degeneration, 196
- Migraine, 185
- Mucous colitis, 179
 - Convalescence from, 158
- Nephritis, Acute, 158, 165
 - Chronic, 233, 238, 242
- Obesity, 152
- Old age, 152, 158
- Over-eating, 152
- Pancreatitis, Chronic, 194
- Pregnancy with indigestion or vomiting, 158
- Quinsy, 164
- Rheumatism, 152
- Sore throat, 164
- Spastic constipation, 179
- Sprue, 198
- Tests for blood in the fæces, 184
- Tonsillectomy, 164
- Tube feeding for gastric ulcer, 165
- Tubercular laryngitis, 164
- Tuberculosis, 147
- Typhoid fever, 165, 181
- Ulcer, Gastric or duodenal, 171
 - Ulcerative colitis, 179
- Underweight, 147
- Digestive enzymes, 360

- Disaccharides, 7
 Dishes suitable for :—
 High Calorie diets, 148
 Low Calorie diets, 157
 Low fat diets, 192
 Disorders of the alimentary system, 73
 colon, 86
 heart, 70
 kidneys, 107
 liver, 85
 œsophagus, 74
 pancreas, 83
 pharynx, 73
 small intestine, 82
 stomach, 75
 Disturbances of mineral metabolism, 113
 Doughnut : Composition, 310, 336
 Dressing, Boiled : Recipe, 275
 Dripping : Composition, 310
 Duck : Composition, 333
 Dumpling : Composition, 310, 336
 Recipe, 255
 Dundee cake : Composition, 306
 Duodenal ulcer, 76
 Convalescence from, 79
 Diet for, 171
 Dyspepsia, Hyperchlorhydric, 75
 Hypochlorhydric, 76
 Easily digested diets, 158
 Eggs : Composition, 310, 333, 345
 Available iron in, 348
 100 Calorie portion, 6
 Purines in, 342
 Roughage in, 343
 Egg white : Composition, 310
 Egg yolk : Composition, 310
 Vitamin D in, 326
 Egg, Baked, and tomatoes :
 Recipe, 272
 Restricted protein recipe, 289
 Egg, Baked, and mushrooms :
 Recipe, 272
 Egg, Creamed : Recipe, 292
 Egg salad : Recipe, 271
 Egg sauce : Composition, 310, 336
 Recipe, 260
 Low fat recipe, 275
 Egg, Stuffed : Recipe, 271
 Egg whites, Stuffed : Recipe, 278
 Elements : Atomic weights, 350
 Emergency treatment for diabetes, 98
 Energy expenditure under different conditions, 359
 Energy from food, 4
 Energy requirements :—
 Basal, 45
 Total, 46
 of children, 49, 358
 of men, 47, 358
 of women, 48, 358
 Enzymes, Digestive, 360
 Epstein diet, 235
 use of, 108
 Erepsin, 360
 Ergosterol, 33, 353, 355
 Excretions, Abnormal, 368
 Fæces, Tests for blood in, 184
 Abnormal findings, 368
 Fat, 4
 Fat, Constitution of, 9
 Excess of, in fæces, 368
 Foods rich in, 10, 34, 36
 Fuel value of, 5
 Fat in foods, Determination of, 134
 Fat, Low, Diets, 185
 Food list, 190
 for children, 190
 Suitable dishes, 192
 Fatty acids, 10
 Fever, 66
 Basal metabolism in, 358
 Care of the mouth in, 67
 Diet for, 164, 165
 Use of alcohol in, 67
 Fever, Typhoid, 67
 Diet for, 165, 181

Feverish patients, Drinks for, 66
 Figs : Composition, 310, 335,
 338, 346
 Available iron in, 348
 Fish : Composition, 330, 333
 Purines in, 342
 Roughage in, 343
 Fish, Baked : Recipe, 276
 Fish cakes : Composition, 310,
 336
 Recipe, 260
 Fish cream : Recipe, 266
 Fish, Creamed : Recipe, 275
 Fish custard : Recipe, 266
 Fish in aspic : Recipe, 276
 Fish in casserole : Recipe, 283
 Fish paste : Composition, 310
 Fish pie : Composition, 310, 336
 Recipe, 260
 Low fat recipe, 276
 Fish and potato cake : Recipe,
 289
 Fish salad, Low fat : Recipe,
 276
 Restricted protein : Recipe,
 289
 Fish, Scalloped : Recipe, 276
 Fish soufflé : Recipe, 284
 Floating Island : Recipe, 285
 Flour : Composition, 310, 331,
 334, 345
 Available iron in, 348
 Purines in, 342
 Roughage in, 343
 Flour of oatmeal : Recipe, 273
 Fluid diets, 165
 for diabetics, 228
 Use of, in fever, 66
 Fluid measures, 362
 Fondant, Low calcium : Recipe
 295
 Food, Function of, 2
 Food analysis, History of, 130
 Food extras for diabetics, 103
 Food Lists :—
 Chronic pancreatitis, 194
 Light, easily digested, 160
 Low Calorie, 155

Food Lists—*contd.*
 Low fat, 190
 Low salt, 244
 Restricted protein, 237
 Food tables, Preparation of, 132
 Use of, 138
 Foods ; Composition of, 301
 Foods suitable for diabetics,
 101
 Force : Composition, 310, 334
 Fractional test meal, Grue
 recipe, 273
 Fractures, 69
 Diet for, 147, 152
 French dressing : Recipe, 272
 French toast : Recipe, 268
 Fructose, 7
 Fruit : Purines in, 342
 Roughage in, 343
 Water in, 3
 Fruit jelly : Recipe, 286, 287
 Fruit juice, Roughage in, 343
 Fruit mould : Recipe, 280
 Fruit sago : Recipe, 280
 Fruit salad : Recipe, 287
 Fruit whip : Recipe, 279
 Recipe for diabetics, 286
 Gall bladder diseases, 84
 Gallstones, Diet for, 185
 Game : Composition, 333
 Gastric ulcer, 76
 Convalescence from, 79
 Diets for, 171
 Gastritis of pernicious anæmia,
 81
 Diet for, 158, 169
 Gastrostomy patients, Diet for,
 167
 Gelatin, 11, 333
 General proportions in cooking,
 248
 Gin : Composition, 340
 Ginger, Ground : Composition,
 310
 Gingerbread : Composition, 310,
 336
 Recipe, 251

- Glucose, 7
 Glucose, 5 gram measure, 337
 Glucose in urine, 368
 Goitre, 20
 Golden syrup : Composition, 310, 334, 345
 Available iron in, 348
 Roughage in, 343
 Goose, Purines in, 342
 Gooseberries : Composition, 310, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Gooseberry fool : Low potassium recipe, 298
 Gooseberry tart : Composition, 310, 336
 Recipe, 255
 Gout, 111
 Blood uric acid in, 367
 Diet for, 199
 Gradual heart failure, 71
 Diet for, 238, 242
 Grapes : Composition, 310, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Grapefruit : Composition, 310, 335, 338, 346
 Available iron in, 348
 Oxalic acid in, 344
 Grape juice : Roughage in, 343
 Grapenuts : Composition, 310, 334
 Graves : Composition, 340
 Graves disease : Diet for, 147
 Glucose in urine in, 368
 Gravy, Low potassium recipe, 296
 Greengages : Composition, 312, 335, 338, 339, 346
 Available iron in, 348
 Oxalic acid in, 344
 Green leaf vegetables : Purines in, 342
 Roughage in, 343
 Meal for fractional test meal : Recipe, 273
 Haddock : Composition, 312, 333, 345
 Available iron in, 348
 Purines in, 342
 Hæmoglobin, 15
 Normal level, 366
 Hæmorrhage, Blood proteins after, 367
 Hæmoglobin level after, 366
 Hake : Composition, 312, 345
 Halibut : Composition, 312
 Available iron in, 348
 Halibut liver oil, Vitamin D in, 326
 Ham : Composition, 312, 329, 333, 345
 Available iron in, 348
 Purines in, 342
 Heart failure, Acute, 70
 Diet for, 155
 Gradual, 71
 Diet for, 155, 242
 Heart : Purines in, 342
 Heights of adults, 364
 of children, 365
 Herrings : Composition, 312, 330, 333
 Available iron in, 348
 Purines in, 342
 Vitamin D in, 326
 Herring roe, Available iron in, 348
 Purines in, 342
 High Calorie diets, 147
 Suitable dishes, 148
 Use of, 56
 High Calorie diabetic diets, 224
 High Calorie diets for gastric ulcer, 174
 High Calorie low residue diets, 181
 High Calorie recipes, 264
 High protein diets, 233
 High protein, low fat diets, 198, 235
 High residue diets, 182
 Recipe, 273
 High vitamin high Calorie diets, 149

- History of food analysis, 130
 Hock : Composition, 340
 Honey : Composition, 312, 334, 345
 Purines in, 342
 Roughage in, 343
 Honeycomb mould : Recipe, 285
 Hopkins, Sir F. G., 22
 Horlick's malted milk : Composition, 314, 334, 337
 Hotpot : Composition, 312, 336
 Recipe, 261
 Hydrogen : Atomic weight, 350
 Hyperchlorhydria, 75
 Diets for, 176
 Times of meals for shift workers, 178
 Hyperthyroidism, Basal metabolism in, 358
 Hypochlorhydria, 76
 Diets for, 169
 Hypoparathyroidism, 122
 Diet for, 246
 Ice cream : Composition, 312
 Recipe for diabetics, 285
 Idiopathic steatorrhœa, 82
 Indigestion, Diabetic diet for, 226
 Infantile scurvy, 28
 Infants, Basal metabolism of, 45
 Instant postum : Composition, 334
 Insulin, 90, 361
 Protamine, 91, 361
 Protamine zinc, 91, 361
 Insulin, Carbohydrate arrangement with different kinds of, 361
 Sale of in Great Britain, 106
 International vitamin standards and units, 352
 Inulin, 9
 Invalids, Choosing menus for, 64
 Diabetic diets for, 228
 Dietary treatment of, 63
 Recipes for, 264
 Invertase, 360
 Iodine, 13, 20
 Atomic weight, 350
 Foods rich in, 20
 Functions in the body, 20
 Human requirement, 21
 Irish stew : Composition, 312
 336
 Recipe, 261
 Iron, 13
 Atomic weight, 350
 Available, in foods, 348
 Availability of, 16
 Deficiency anæmia, 117
 Foods rich in, 16
 Function in the body, 15
 Human requirement, 15, 51, 52, 358
 Italian wine : Composition, 340
 Jam : Composition, 312, 330, 334, 345
 Purines in, 342
 Roughage in, 343
 Jam omelette : Composition, 316, 336
 Recipe, 256
 Jam roll : Composition, 312, 336
 Recipe, 256
 Jam tarts : Composition, 312, 336
 Recipe, 252
 Jaundice, 86
 Fat in fæces in, 368
 Jaundice, Catarrhal, Diet for, 185
 Jaundice, Obstructive, Diet for, 185
 Jejunostomy, 83
 Feeds suitable for, 167
 Jellyed apples : Recipe, 299
 Jellies, How to make, 248
 Jelly, Packet : Composition, 312
 Jelly, Agar-agar : Recipe, 271
 Banana : Recipe, 287
 Coffee : Recipe, 270
 Fruit : Recipe, 286
 Lemon : Recipe, 270

Jelly—*contd.*

- Milk : Composition, 312, 336
 - Recipe, 256
 - Recipe for diabetics, 285
- Orange : Recipe, 281
 - Recipe for diabetics, 286
- Plain : Composition, 312, 336
 - Recipe, 256
 - Low potassium recipe, 298
- Skimmed milk : Recipe, 281
- Jewish holidays : Food customs, 128
- Jewish patients, Dietary treatment of, 126
- Junket : Recipe for diabetics, 286
 - Skimmed milk : Recipe, 281
- Karrell diet, 155
 - Use of, 71, 72
- Kedgerie : Composition, 312, 336
 - Recipe, 261
 - Low fat recipe, 276
 - Restricted protein recipe, 289
- Kidney : Composition, 312, 345
 - Available iron in, 348
 - Purines in, 342
- Kidneys, Diseases of the, 107
- Kipper : Composition, 314, 333
- Kosher foods, 128
- Kummel : Composition, 341
- Lactase, 360
- Lactation, Dietary requirements in, 52
 - Foods of special value in, 54
- Lactose in urine in, 368
- Lactoflavine, 27
- Lactose, 7
 - 5 gram measure, 337
 - in urine, 368
- Lævulose, 7
- Lead poisoning, 118
 - Diet for, 245
- Leeks : Composition, 314, 334, 339, 347
 - Available iron in, 348

- Lemonade : High Calorie recipe, 264
- Lemon juice : Composition, 314, 337, 346
 - Available iron in, 348
 - Oxalic acid in, 344
 - Roughage in, 343
- Lenhartz diet, 171
 - Use of, 77
- Lentils : Composition, 314, 347
 - Available iron in, 348
 - Purines in, 342
- Lettuce : Composition, 314, 337, 347
 - Available iron in, 348
 - Oxalic acid in, 344
- Leukemia, Basal metabolism in, 358
- Liches : Composition, 335
- Lienteric diarrhoea, 83
 - Diet for, 179
- Light diets, 158
 - Food list, 160
 - for diabetics, 228
 - Suitable dishes, 162
- Linear measure, 362
- Line ration diet, 206
- Line ration scheme, 96, 204
- Lipase, 360
- Liqueurs : Composition, 341
- Liver : Composition, 314
 - Available iron in, 348
 - Purines in, 342
 - Vitamin D in, 326
- Liver, Cirrhosis of the, 42
 - Diet for, 158
- Liver degeneration, 85
 - Diets for, 196
 - With obstructive jaundice, 86
- Liver diseases, 85
- Lobster : Composition, 314, 345
- Lobster or crab salad : Recipe, 272
- Loganberries : Composition, 314, 335, 346
 - Available iron in, 348
- Loss of weight, Causes of, 56
- Low calcium diet, 245

- Low Calorie diets, 152
 - for children, 153
 - for patients with heart disease, 154
- Low Calorie diets, Use of, 57
 - for children, 61
- Low Calorie food list, 155
- Low fat diets, 185
 - for children, 190
 - Suitable dishes, 192
- Low fat food list, 190
- Low fat recipes, 274
- Low phosphorus diet, 246
 - Use of, 122
- Low potassium diet, 247
 - Use of, 123
- Low potassium recipes, 296
- Low protein diets, 238
 - Food list, 237
 - Recipes, 289
- Low purine diets, 199
 - Use of, 111
 - Recipes, 292
- Low residue diets, 179
 - Recipes, 273
- Low salt diets, 242
 - Use of, 70, 72, 108, 113
- Low salt food list, 244
 - Recipes, 293
- Low salt milk : Recipe, 293
 - Use of, 114
- Macaroni : Composition, 314
- Macaroni cheese : Composition, 314, 336
 - Recipe, 261
- Macaroni cheese with tomatoes : Recipe, 290
- Macaroni and tomatoes : Recipe, 277
- Macaroons, Roughage in, 343
- Mackerel : Composition, 314
 - 333
 - Available iron in, 348
- Madeira wine : Composition, 340
- Magnesium, 13, 19
 - Atomic weight, 350
 - Functions in the body, 19
- Malnutrition : Blood proteins in, 367
- Maltase, 360
- Malted milk : Composition, 314, 334, 337
- Maltose, 8
- Margarine : Composition, 314, 345
 - Vitamin D in, 326
- Marmalade : Composition, 314, 330, 334, 345
 - Purines in, 342
- Marmalade, Strained : Recipe, 273
 - Sugarless : Recipe, 288
- Marmite : Composition, 314, 337
 - Purines in, 342
- Marmite soup : Recipe, 282
- Marrow : Composition, 314, 339, 347
 - Available iron in, 348
- Marrow, Stuffed : Recipe, 294
- Marrow soup : Recipe, 269
- Marsala wine : Composition, 340
- Matzos, 129
- Mayonnaise : Recipe, 272
- Meal-times for hyperchlorhydric shift workers, 178
- Meat : Composition, 328
 - Purines in, 342
 - Roughage in, 343
 - Water in, 3
- Meat extract, 337
- Meat extract custard : Recipe, 266
- Meat extract skimmed milk soup : Recipe, 275
- Meat paste : Composition, 314
- Meatless diet, 184
- Medlars : Composition, 335
- Melons : Composition, 314, 335, 339, 346
 - Oxalic acid in, 344
- Menus for diabetics, 200
- Menus for invalids, How to choose, 64

Metabolism, Basal, 44
 Effects of various diseases on, 46, 358
 Energy requirements for, 45
Metric weights and measures, 362
Migraine, Diet for, 185
Milk: Composition, 314, 316,
 327, 334, 337, 345
 Available iron in, 348
 100 Calorie portion, 6
 in the diet of children, 2, 51, 52
 Purines in, 342
 Roughage in, 343
 Vitamin D in, 326
Milk and cream mixture, High Calorie: Recipe, 264
Milk or French toast: Recipe, 268
Milk jelly: Composition, 312, 336
 Recipe, 256
 Recipe for diabetics, 285
Milk, Synthetic low salt: Recipe, 293
 Use of, 114
Mince and chestnut rissoles: Low salt recipe, 294
Mince and tomato pie: Low salt recipe, 294
Mincemeat: Composition, 316
Mince pies: Composition, 316, 336
 Recipe, 252
Mineral salts, 4, 12
 Determination of, in foods, 134
 Functions of, 12
 Requirements of, 51, 358
Mint sauce: Recipe, 272
Monosaccharides, 7
Morning sickness, Prevention of, 52
Moselle wine: Composition, 340
Mucous colitis, 89
 Diet for, 179
 Diet for convalescence, 158

Mulberries: Composition, 335
Mushrooms: Composition, 316, 337
 Available iron in, 348
Mushroom or celery soup: Recipe, 269, 283
Mussels: Purines in 342
Mustard: Composition, 316, 337
 Mustard and cress: Composition, 316, 337
 Available iron in, 348
Mutton: Composition, 316, 333, 345
 Available iron in, 348
 Purines in, 342
Myxœdema, Basal metabolism in, 358

Nectarines: Composition, 335
 Oxalic acid in, 344
Nephritis: Albumen in urine, 368
Nephritis, Acute, 107
 Blood urea in, 367
 Diet for, 158, 165
Nephritis, Chronic, 108-110
 Blood pressure in, 366
 Blood proteins in, 367
 Blood urea in, 367
 Diets for, 233, 235, 238, 242
Nicotinamide, 28
Nicotinic acid, 27, 352, 355
Night-blindness, 22, 25, 354
Nitrogen, 10
 Atomic weight, 350
 Nitrogen retention, 109
 Normal blood findings, 366
 Normal diet, Constituents of, 1
 Normal solution, 351
 Normal urine findings, 366
Nuts: Composition, 316
 Available iron in, 348
 Purines in, 342
 Roughage in, 343
Nutmeg, 337
Nutritional anæmia with hypochlorhydria, Diet for, 169

- Oatmeal: Composition, 316, 332, 334, 345
 - Available iron in, 348
 - Roughage in, 343
- Obesity, 57
 - Basal metabolism in, 358
 - Causes of, 59
 - Diets for, 152
 - in children, 61
- Obstructions to the pancreatic duct, 83
- Obstructive jaundice, 86
 - Bile pigments in urine, 368
 - Diet for, 185
- Œdema, 70, 72, 108
- Œsophagus, Disorders of the, 74
- Old age, Diet for, 152
- Olives: Composition, 316
 - Available iron in, 348
- Olive oil: Composition, 316
- Omelette, Cheese: Composition, 316
 - Recipe, 260
- Omelette, Jam: Composition, 316, 336
 - Recipe, 256
- Omelette, Plain: Composition, 316
 - Recipe, 261
- Onions: Composition, 316, 334, 339, 347
 - Available iron in, 348
- Onions, Spring: Composition, 316, 347
- Onion sauce: Composition, 316, 336
 - Recipe, 262
- Onion soup: Low potassium recipe, 296
- Oranges: Composition, 318, 335, 339, 346
 - Oxalic acid in, 344
- Orange cake: Composition, 318
 - Recipe, 251
- Orange custard: Recipe, 280
- Orange jelly: Recipe, 281
 - Recipe for diabetics, 286
- Orange juice: Composition, 318, 337, 339, 346
 - Available iron in, 348
 - Roughage in, 343
- Orange mould: Recipe, 267
- Orange salad: Recipe, 286
- Orangeade: High Calorie recipe, 264
- Ovaltine: Composition, 318, 334, 337
- Over-eating: Diet for, 152
- Oxalic acid in foods, 344
- Oxo: Composition, 318
 - Purines in, 342
- Oxygen, Atomic weight, 350
- Pain perdu: Recipe, 268
- Pancakes: Composition, 318, 336
 - Recipe, 256
- Pancreas, Disorders of the, 83
- Pancreatitis, Acute, Blood diastase in, 367
- Pancreatitis, Chronic, 83
 - Blood diastase in, 367
 - Diet for, 194
 - Fat in fæces in, 368
 - Food list, 194
- Parathyroid overactivity, Blood calcium in, 367
- Parkin: Recipe, 281
- Parsnips: Composition, 318, 334, 339, 347
 - Available iron in, 349
 - Oxalic acid in, 344
- Passion fruit: Composition, 335
- Passover, 128
- Pastry: Composition, 318, 336
 - Recipe, 252
- Peas: Composition, 318, 334, 339, 347
 - Available iron in, 349
 - Oxalic acid in, 344
 - Purines in, 342
 - Roughage in, 343
- Peaches: Composition, 318, 335, 339, 346
 - Available iron in, 349
 - Oxalic acid in, 344

- Peanuts : Composition, 316, 335, 346
 Available iron in, 348
 Pears : Composition, 318, 335, 339, 346
 Available iron in, 349
 Oxalic acid in, 344
 Pear caramel : Low potassium recipe, 297
 Pectin, 9
 Pellagra, 27, 352, 355
 Pellagra-preventing factor, 27, 352, 355
 Pepper : Composition, 318, 337
 Pepsin, 360
 Pernicious anæmia, 116
 Hæmoglobin level in, 366
 Red cell count in, 366
 Pharynx, Disorders of the, 73
 Pheasant : Purines in, 342
 Phosphorus, 13, 14, 32
 Atomic weight, 350
 Foods rich in, 15, 34, 36
 Functions in the body, 14
 Human requirement, 51, 52, 358
 Restriction for hypoparathyroidism, 122
 Pineapple : Composition, 318, 335, 339, 346
 Available iron in, 349
 Oxalic acid in, 344
 Plaice : Composition, 318, 345
 Available iron in, 349
 Plums : Composition, 318, 320, 335, 339, 346
 Available iron in, 349
 Plum tart : Composition, 320, 336
 Recipe, 256
 Pneumonia, Absence of chlorides from urine in, 368
 Poisoning, Arsenic, 81
 Diet for, 158
 Poisoning, Lead, 118
 Diet for, 245
 Polysaccharides, 8, 9
 Pomegranate : Composition, 335
- Pork : Composition, 320, 333, 345
 Available iron in, 349
 Purines in, 342
 Porridge : Composition, 320
 Port : Composition, 340
 Porter : Composition, 341
 Post-operative treatment of gastric ulcer, 79
 Post Toasties : Composition, 334
 Post-tonsillectomy, 73
 Potage à la bonne femme : Recipe, 270
 Potassium, 13, 19
 Atomic weight, 350
 Functions in the body, 19
 Restriction for Addison's disease, 123
 Potassium, Low, diet, 247
 Potatoes : Composition, 320, 332, 334, 339, 347
 Available iron in, 349
 100-Calorie portion, 6
 Oxalic acid in, 344
 Potato soup : Composition, 320, 336
 Recipe, 262
 Low fat recipe, 274
 Pregnancy, Blood urea in, 367
 Dietary requirements in, 52
 Foods of special value in, 54
 Glucose in urine, 368
 Lactose in urine, 368
 with indigestion or vomiting, 52
 Diet for, 158
 Proportions in cooking, 248
 Protamine insulin, 91, 361
 Proteins, 4
 Constitution of, 10
 Foods rich in, 34, 36
 Fuel value of, 5
 Human requirement, 50, 358
 in foods, Determination of, 133
 Protein, High diets, 233
 Protein, Restricted diets, 238
 Food list, 237

Prunes : Composition, 320, 335,
339, 346

Available iron in, 349

Oxalic acid in, 344

Ptyalin, 360

Puddings : Composition, 336

Recipes, 253

Purines in foods, 342

in meat, 109

Purine, Low diets, 199

Quaker oats : Composition, 316,

332, 334, 345

Available iron in, 348

Roughage in, 343

Quaker oats fingers : Recipe, 273

Queen cakes : Composition, 306

Recipe, 251

Queen of puddings : Composi-

tion, 320, 336

Recipe, 257, 267

Recipe for diabetics, 287

Quince : Composition, 335

Quinsy, 73

Diet for, 164

Rabbit : Composition, 320, 333,

345

Available iron in, 349

Radishes : Composition, 320,

334, 347

Available iron in, 349

Oxalic acid in, 344

Raisins : Composition, 320, 335,

346

Available iron in, 349

Raspberries : Composition, 320,

335, 339, 346

Available iron in, 349

Oxalic acid in, 344

Rat-pellagra factor, 27

RECIPES, 248-299

For Diabetic Diets, 283

Apple, Baked, 287

Apple Charlotte, 287

Bran biscuits, 288

Bread and butter pudding,

288

RECIPES—*contd.*

For Diabetic Diets—*contd.*

Custard, Baked, 284

Custard, Boiled, 285

Fish in casserole, 283

Fish soufflé, 284

Floating Island, 285

Fruit salad, 287

Fruit whip, 286

Honeycomb mould, 285

Ice cream, 285

Jelly, Banana, 287

Fruit, 286, 287

Milk, 285

Orange, 286

Junket, 286

Marmalade, Sugarless, 288

Orange salad, 286

Queen of puddings, 287

Rice or tapioca, "Creamed,"
288

Rice or tapioca pudding,
287

Soup, Carrot, or leek, 283
Cauliflower or cucumber,
283

Celery or mushroom, 283

Clear vegetable, 283

Sweetbreads in casserole,
284

Yorkshire pudding, 284

For foods in Table I, 250

Apple Charlotte, 253

Apple dumpling, 253

Apple pudding, 253

Apple tart, 253

Banana custard, 253

Beefsteak pudding, 259

Blancmange, 254

Bread and butter pudding,
254

Bread sauce, 259

Buck rarebit, 259

Buns, Rock, 250

Cabinet pudding, 254

Cake, Cherry, 250

Cake, Chocolate, 250

Cake, Coconut, 250

RECIPES—*contd.**For foods in Table I—contd.*

Cake, Currant, 250
 Cake, Orange, 251
 Cakes, Queen, 251
 Cakes, Rock, 251
 Cake, Sponge, 251
 Canary pudding, 254
 Castle pudding, 254
 Cheese sauce, 259
 Cheese straws, 259
 Chocolate mould, 255
 College pudding, 255
 Curried meat, 260
 Custard Egg, 255
 Custard, Powder, 255
 Dumpling, 255
 Egg sauce, 260
 Fish cakes, 260
 Fish pie, 260
 Gingerbread, 251
 Gooseberry tart, 255
 Hotpot, 261
 Irish stew, 261
 Jam roll, 256
 Jam tarts, 252
 Jelly, Plain, 256
 Jelly, Milk, 256
 Kedgerree, 261
 Macaroni cheese, 261
 Mince pies, 252
 Omelette, Cheese, 260
 Omelette, Jam, 256
 Omelette, Plain, 261
 Onion sauce, 262
 Pancakes, 256
 Pastry, Flaky, 252
 Pastry, Short, 252
 Plum tart, 256
 Potato soup, 262
 Queen of puddings, 257
 Rhubarb tart, 257
 Rice pudding, 257
 Sago pudding, 257
 Sausage roll, 262
 Scones, 252
 Scotch egg, 262
 Scrambled eggs, 262

RECIPES—*contd.**For foods in Table I—contd.*

Semolina pudding, 257
 Shepherd's pie, 262
 Shortbread, 252
 Steak and kidney pie, 263
 Suet pudding, 257
 Tapioca pudding, 258
 Toad-in-the-hole, 263
 Treacle tart, 258
 Trifle, 258
 Welsh rarebit, 263
 White sauce, Savoury, 263
 White sauce, Sweet, 258
 Yorkshire pudding, 258
For fractional test meal, Gruel,
 273
For high Calorie and invalid
diets, 264
 Apple or apricot meringue,
 267
 Bread and butter pudding,
 267
 Chicken jelly, 266
 Chicken or rabbit custard,
 266
 Cocoa, 264
 Coffee, 264
 Compôte of fruit, 268
 Fish cream, Steamed, 266
 Fish custard, 266
 Lemonade, 264
 Meat extract custard, 266
 Milk and cream mixture, 264
 Milk or French toast, 268
 Orangeade, 264
 Orange mould, 267
 Pain perdu, 268
 Queen of puddings, 267
 Soup: Cream of chicken,
 265
 Cream of tomato, 265
 Tomato, 265
 White, 265
 Treacle egg nog, 264
 Trifle, 268
 Vanilla egg nog, 264
 White sauce, plain, 265

RECIPES—contd.

- For high residue diets, 273*
- Quaker oats fingers, 273
- For low Calorie diets, 269*
- Cheese salad, 271
- Cranberry whip, 271
- Egg and mushrooms, Baked, 272
- Egg salad, 271
- Egg, Stuffed, 271
- French dressing, 272
- Jelly, Agar-agar, 271
- Chicken, 272
- Coffee, 270
- Lemon, 270
- Lobster or crab salad, 272
- Mayonnaise, 272
- Mint sauce, 272
- Rhubarb, Stewed, 271
- Sardine salad, 271
- Soup, Asparagus, 269
- Cabbage, 270
- Cauliflower or spinach, 269
- Celery, 270
- Celery or mushroom, 269
- Marrow soup, 269
- Mixed vegetable soup, 269
- Potage à la bonne femme, 270
- Sweetbreads and mushrooms, stewed, 272
- For low fat diets, 274*
- Angel cake, 280
- Apple Charlotte, 279
- Banana, Baked, 282
- Banana whip, 282
- Blancmange, Coffee, 278
- Boiled dressing, 275
- Celery and apple salad, 278
- Chicken or rabbit, "Creamed," 276
- Custard, 282
- Custard, Banana, 280
- Coffee, 278
- Orange, 280
- Skimmed milk, 278

RECIPES—contd.

- For low fat diets—contd.*
- Egg whites, Stuffed, 278
- Fish, Baked, with tomatoes, 276
- Fish, "Creamed," 275
- Fish in aspic, 276
- Fish pie, 276
- Fish salad, 276
- Fish, Scalloped, 276
- Fruit mould, 280
- Fruit sago, 280
- Fruit whip, 279
- Jelly, Orange, 281
- Skimmed milk, 281
- Junket, Skimmed milk, 281
- Kedgerree, 276
- Macaroni and tomatoes, 277
- Parkin, 281
- Rice and banana, "Creamed," 279
- Salisbury steak, 281
- Sauce, Egg, 275
- Tomato, 275
- White, 275
- Semolina whip, 280
- Soup, "Cream" of potato, 274
- Meat extract or Marmite, 275
- Potato, 274
- Skimmed milk, 275
- Tomato, 274
- Vegetable, 275
- Steak, Pan broiled, 277
- Toast melba, 281
- Tomatoes, Baked, 277
- Tomatoes, Stuffed, 278
- Trifle, 279
- Tripe and onions, Stewed, 277
- Tripe and tomatoes, Stewed, 277
- Vanilla whip, 282
- For low potassium diets, 296*
- Apple tapioca, 298
- Butterscotch mould, 299

RECIPES—*contd.**For low potassium diets—
contd.*

Caramel, 298
 Cream cheese salad, 297
 Cream cheese and onion or
 olive salad, 297
 Creamed rice, 297
 Custard, 297
 Gooseberry fool, 298
 Gravy, 296
 Jellied apples, 299
 Jelly, 298
 Onion soup, 296
 Pear caramel, 297
 Rice and jelly, 298
 Rice and pear, 297
 Snow cake, 299
 Strawberry whip, 299
 Tripe and onions, 296

For low purine diets, 292

Cheese balls, 292
 Creamed egg, 292
 Welsh rarebit, 292

For low residue diets, 273

Flour of oatmeal, 273
 Marmalade, Strained, 273

For low salt diets, 293

Casein bread, 293
 Chutney, 294
 Cream cheese, 293
 Curry powder, 295
 Fondant (also low calcium),
 295

Milk, Synthetic, 293

Mince and chestnut rissoles,
 294

Mince and tomato pie, 294

Shortbread, 295

Stuffed vegetable marrow,
 294

Toffee, 295

For restricted protein diets

Butterscotch sago, 291
 Chicken, Minced, on toast,
 289
 Cream cheese and tomato
 savoury, 290

RECIPES—*contd.**For restricted protein diets—
contd.*

Egg, Baked, and tomato, 289
 Fish and potato cake, 289
 Fish salad, 289
 Kedgeree, 289
 Macaroni cheese with
 tomatoes, 290
 Risotto with cheese, 290
 Risotto with chicken, 290
 Roes on toast, 289
 Salad dressing, 289
 Salmon salad, 289
 Scalloped tomatoes with
 cheese, 290
 Scotch egg, 290
 Scrambled egg and toma-
 toes, 290

Rectal stasis, 87

Red blood cells, Normal, 366

Red currants: Composition,
 320, 335, 338, 346

Available iron in, 349

Oxalic acid in, 344

Reducing diets, 57

for children, 61

Renal glycosuria, 368

Residue, High, diets, 182

Low, diets, 179

Restricted protein diets, 238

Food list, 237

Recipes, 289

Retard insulin, 91, 361

Rheumatism, 112

Diet for, 152

Rhubarb: Composition, 320,
 337, 346

Available iron in, 349

Oxalic acid in, 344

Rhubarb, Stewed: Recipe, 271

Rhubarb tart: Composition,
 320, 336

Recipe, 257

Riboflavine, 27, 352, 354

Rice: Composition, 320, 322,
 332, 334, 345

Available iron in, 349

- Rice and banana, Creamed :
Recipe, 279
- Rice and jelly : Low potassium
recipe, 298
- Rice and pear : Low potassium
recipe, 297
- Rice pudding : Composition,
322, 336
Recipe, 257
Recipe for diabetics, 287
- Rice or tapioca, Creamed :
Recipe, 288
- Rice, Creamed : Low potassium
recipe, 297
- Rickets, 2, 32, 355
Blood calcium in, 367
- Risotto with cheese : Recipe,
290
- Risotto with chicken : Recipe,
290
- Rock buns : Composition, 306,
336
Recipe, 250
- Rock cakes : Composition, 306,
336
Recipe, 251
- Roe : Composition, 322
Purines in, 342
- Roes on toast : Recipe, 289
- Root vegetables : Purines in,
342
Roughage in, 343
- Roughage, 40
in foods, 343
- Rum : Composition, 340
- Rusks : Composition, 304, 345
Roughage in, 343
- Ryvita : Composition, 322, 334
Available iron in, 349
- Saccharine, 104, 337
- Sago : Composition, 322
- Sago pudding : Composition,
322, 336
Recipe, 257
- Salads : Recipes, 271
- Salad dressing : Recipe, 272
Restricted protein recipe, 289
- Salisbury steak : Recipe, 281
- Salmon : Composition, 322, 333,
345
Available iron in, 349
Purines in, 342
Vitamin D in, 326
- Salmon salad : Recipe, 289
- Salt, 12, 18, 337
- Salt, Low, diets, 242
Food list, 244
Recipes, 293
- Sardines : Composition, 322,
333, 345
Available iron in, 349
Purines in, 342
- Sardine salad : Recipe, 271
- Sauce, Bread : Composition,
306, 336
Recipe, 259
- Sauce, Cheese : Composition,
308, 336
Recipe, 259
- Sauce, Egg : Composition, 310,
336
Recipe, 260
Low fat recipe, 275
- Sauce, Onion : Composition,
316, 336
Recipe, 262
- Sauce, Tomato : Recipe, 275
- Sauce, White : Composition,
324, 336
Recipe, 258, 263, 265
Low fat recipe, 275
- Sausages : Composition, 322
Available iron in, 349
- Sausage roll : Composition, 322,
336
Recipe, 262
- Sauterne : Composition, 340
- Scalloped tomatoes with cheese :
Recipe, 290
- Scones : Composition, 322, 336
Recipe, 252
- Scotch Egg : Composition, 322,
336
Recipe, 262
Restricted protein recipe, 290

- Scrambled eggs: Composition, 322
 Recipe, 262
- Scrambled egg and tomatoes: Recipe, 290
- Scurvy, 28, 141, 352, 355
- Semi-solid diet, 164
 Use of, 68
- Semolina: Composition, 322
- Semolina pudding: Composition, 322, 336
 Recipe, 257
- Semolina whip: Recipe, 280
- Shepherd's pie: Composition, 322, 336
 Recipe, 262
- Sherman units for vitamins, 352
- Sherry: Composition, 340
- Shortbread: Composition, 322, 336
 Recipe, 252
- Low salt recipe, 295
- Shredded Wheat: Composition, 322, 334
- Sippy diet, Uses of, 77
- Skate: Composition, 322
 Available iron in, 349
- Skimmed milk, Preparation of, 62
- Skimmed milk custard: Recipe, 278
 Jelly: Recipe, 281
 Junket: Recipe, 281
- Slimming, Dangers of, 58
- Small intestine, Disorders of the, 82
- Snow cake: Low potassium recipe, 299
- Soda water, 337
- Sodium, 13, 17
 Atomic weight, 350
 Functions in the body, 18
 in foods, 18
- Sodium chloride: Normal intake, 12, 18
- Sodium chloride restriction, 113
- Sole: Composition, 322, 345
 Available iron in, 349
- Sore throat, 73
 Diet for, 164
- Soups, Recipes:
- Asparagus, 269
 - Cabbage, 270
 - Carrot or leek, 283
 - Cauliflower or cucumber, 283
 - Cauliflower or spinach, 269
 - Celery, 270
 - Chicken, 265
 - Marmite, 282
 - Marrow, 269
 - Meat extract, 275
 - Mushroom or celery, 269, 283
 - Onion, 296
 - Potato, 262, 274
 - Spinach, 269
 - Tomato, 265
 - Vegetable, 269, 275
 - White, 265
- Soups containing 5 grams C: Recipes, 283
- Spastic constipation, 87
 Diet for, 179
- Specific gravity of urine, Normal, 367
- Spinach: Composition, 322, 337, 347
 Available iron in, 349
 Oxalic acid in, 344
- Spinach soup: Recipe, 269
- Spirits: Composition, 340
- Sponge cake: Composition, 306, 336
 Recipe, 251
- Sprats: Purines in, 342
- Spring greens: Composition, 322, 347
- Sprue, 82
 Blood calcium in, 367
 Diet for, 198
- Standards for vitamins, 352
- Starch, 8
- Starch in faeces, 368
- Steak and kidney pie: Composition, 322, 336
 Recipe, 263

- Steak, Pan-boiled : Recipe, 277
- Steenbock unit for vitamin D, 353
- Stem vegetables, Roughage in, 343
- Stomach, Carcinoma of the, 81
- Stomach, Disorders of the, 75
- Stout : Composition, 322, 341
- Strawberries : Composition, 322, 335, 339, 346
 - Available iron in, 349
 - Oxalic acid in, 344
- Strawberry whip: Low potassium, 299
- Stuffed vegetable marrow : Low salt recipe, 294
- Sucrose, 7
- Suet : Composition, 322
- Suet pudding: Composition, 324, 336
 - Recipe, 257, 258
- Sugar : Composition, 324, 334
 - 5 gram measure, 337
 - 100 Calorie portion, 6
 - in blood, Normal, 366
 - Purines in, 342
 - Roughage in, 343
- Sugars, 7
- Suitable dishes for :—
 - Light diets, 162
 - Low Calorie diets, 157
 - Low fat diets, 192
- Sulphur, 13, 19
 - Atomic weight, 350
 - Functions in the body, 19
- Sultanas : Composition, 324, 346
 - Available iron in, 349
- Sunlight and rickets, 32
- Surface area, Calculation of, 356
- Swedes : Composition, 324, 334, 339, 347
 - Available iron in, 349
- Sweetbreads : Composition, 324, 345
 - Available iron in, 349
 - Purines in, 342
- Sweetbreads in casserole : Recipe, 284
- Sweetbreads and mushrooms, Stewed : Recipe, 272
- Sweetening for diabetics, 104, 249
- Syrup, Golden : Composition, 310, 334, 345
 - Available iron in, 348
 - Roughage in, 343
- Tapioca : Composition, 324, 345
- Tapioca pudding : Composition, 324, 336
 - Recipe, 258
- Tea : Composition, 324, 337
 - Purines in, 342
- Teeth, 32
- Temperature scales : Conversion factors, 363
- Thiamin, 27
- Times of meals for hyperchlorhydric shift workers, 178
- Toad-in-the-hole : Composition, 324, 336
 - Recipe, 263
- Toast : Composition, 334
- Toast Melba : Recipe, 281
- α -tocopherol, 38, 353, 355
- Toffee : Low salt recipe, 295
- Tomatoes : Composition, 324, 335, 339, 346
 - Available iron in, 349
 - 100 Calorie portion, 6
 - Oxalic acid in, 344
- Tomato juice, Roughage in, 343
- Tomato sauce : Recipe, 275
- Tomato soup : Recipe, 265
 - Cream of : Recipe, 265
- Tomatoes, Baked : Recipe, 277
- Stuffed : Recipe, 278
- Tongue, Composition, 324
 - Available iron in, 349
- Tonsillectomy : Diet for, 164
- Total energy requirements, 46
- Treacle : Composition, 304, 334
 - Available iron in, 348
 - Roughage in, 343
- Treacle egg nog : Recipe, 264

- Treacle tart : Composition, 324, 336
 Recipe, 258
 Trefah foods, 128
 Trifle : Composition, 324, 336
 Recipe, 258, 268
 Low fat recipe, 279
 Tripe : Composition, 324, 333, 345
 Purines in, 342
 Tripe and onions : Recipe, 277
 Low potassium recipe, 296
 Tripe and tomatoes : Recipe, 277
 Trout, Purines in, 342
 Trypsin, 360
 Tube feeding for gastric ulcer, 165
 Tubercular laryngitis, 73
 Diet for, 164
 Tuberculosis, Diet for, 147
 with diabetes, Diet for, 224
 Turkey : Composition, 324
 Turnips : Composition, 324, 334, 339, 347
 Available iron in, 349
 Oxalic acid in, 344
 Turnip tops, Oxalic acid in, 344
 Typhoid fever, 67
 Diet for, 165, 181
- Ulcer, Gastric or duodenal, 76
 Diet for, 171
 Ulcerative colitis, 89
 Diet for, 179
 Ultra-violet rays, 32
 Undernutrition, Basal metabolism in, 358
 Underweight, 56
 Diet for, 147
 Units for vitamins, 352
 Urea in blood, Normal, 367
 Uric acid in blood, Normal, 367
 Urine findings, Abnormal, 368
 Normal, 367
 Urine specific gravity, Normal, 367
 Urine volume, Normal, 367
- Valency of elements, 350
 Vanilla egg nog : Recipe, 264
 Vanilla ice cream : Recipe, 285
 Vanilla whip : Recipe, 282
 Veal : Composition, 324, 333, 345
 Available iron in, 349
 Purines in, 342
 Vegetables, Purines in, 342
 Roughage in, 343
 Water in, 3
 Vegetable soup : Recipe, 269, 275
 Venison, Purines in, 342
 Vermouth : Composition, 341
 Vinegar : Composition, 324
 Virol : Composition, 324, 334
 Vitamins, 4, 21-38
 Functions and properties, 354
 Standards and units, 352
 Vitamin A, 24
 Effects of a deficiency, 25, 354
 Foods rich in, 24, 25, 35, 37, 354
 Standard, 352
 Structure of, 26
 Unit, 352
 Vitamin B₁, 26
 Effects of a deficiency, 26, 354
 Foods rich in, 27, 35, 37, 354
 Standard, 352
 Structure of, 27
 Unit, 352
 Vitamin B₂, 27
 Vitamin B₆, 27, 352, 355
 Vitamin C, 28
 Effect of cooking on, 30
 Effects of a deficiency, 28, 355
 Foods rich in, 29, 35, 37, 355
 Standard, 352
 Structure of, 31
 Unit, 352
 Vitamin D, 31
 Effects of a deficiency, 31, 355
 Foods rich in, 32, 35, 37, 355
 in foods, 326
 Standard, 353
 Structure of, 33
 Unit, 353

- Vitamins D₂ and D₃, 33, 355
Vitamin E, 38, 355
Vita-Weat: Composition, 324,
334
Vomiting, Absence of chlorides
from urine, 368
Walnuts: Composition, 316,
335, 346
Available iron in, 348
Waste in foodstuffs, 136
Water, 4, 38
Amount required, 39
Functions of, 38
in foods, 3
Watercress: Composition, 324,
347
Available iron in, 349
Weights and measures, 362
Weights of adults, 364
of children, 365
Welsh rarebit: Composition,
324, 336
Recipe, 263
Low purine recipe, 292
Whisky: Composition, 340
White sauce: Composition, 324,
336
Recipe, 258, 263, 265
Low fat recipe, 275
White soup: Recipe, 265
Whitebait, Purines in, 342
Wines: Composition, 340
Xerophthalmia, 25, 352, 354
Yorkshire pudding: Composi-
tion, 324, 336
Recipe, 258
Recipe for diabetics, 284
Zinc protamine insulin, 91, 361

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